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metroNEWS
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Your essential daily news | WEDNESDAY, SEPTEMBER 30, 2015

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IN PERSON: Conservative leader comes out swinging against 'Canada's elite' 'Political correctness on steroids'



metroTALKS
TOPRIME
MINISTER
STEPHEN
HARPER



Prime Minister
Stephen Harper
talks to Metro
in Vaughan, Ont.,
on Tuesday.
STEVEN GOETZ/METRO

Fernando
Carneiro
Metro | Toronto

Stephen Harper says the world is full of danger. In a sit-down interview with Metro, the prime minister warned of

international financial crises, pandemics, terrorists and, in a measured way, explained why Canadians can't have the kinder, gentler country the other leaders are promising.

Harper looked almost casual — the top button of his blue shirt undone — as he brought

the hammer down on what he called "Canada's elite."

"Look, it's not that elite opinion doesn't matter — and in all matters expert opinion always counts — but you cannot govern well and you cannot govern properly unless you understand the values and

realities of ordinary Canadians," Harper said.

He strongly criticized other parties for opposing stripping Canadian citizenship from people convicted of terror crimes.

"This is kind of elite political correctness on steroids,"

Harper said. "We can't have two classes of citizens. We can't have a class of people who are war criminals and convicted terrorists as opposed to everybody else."

"A Canadian citizenship means something."

Fear is a guiding factor for

this leader. If the common-man look Harper adopted in this interview was forced, his "us versus them" message seemed genuine.

metro
Full interview on page 10
PLUS: More on the election, pages 12 & 13

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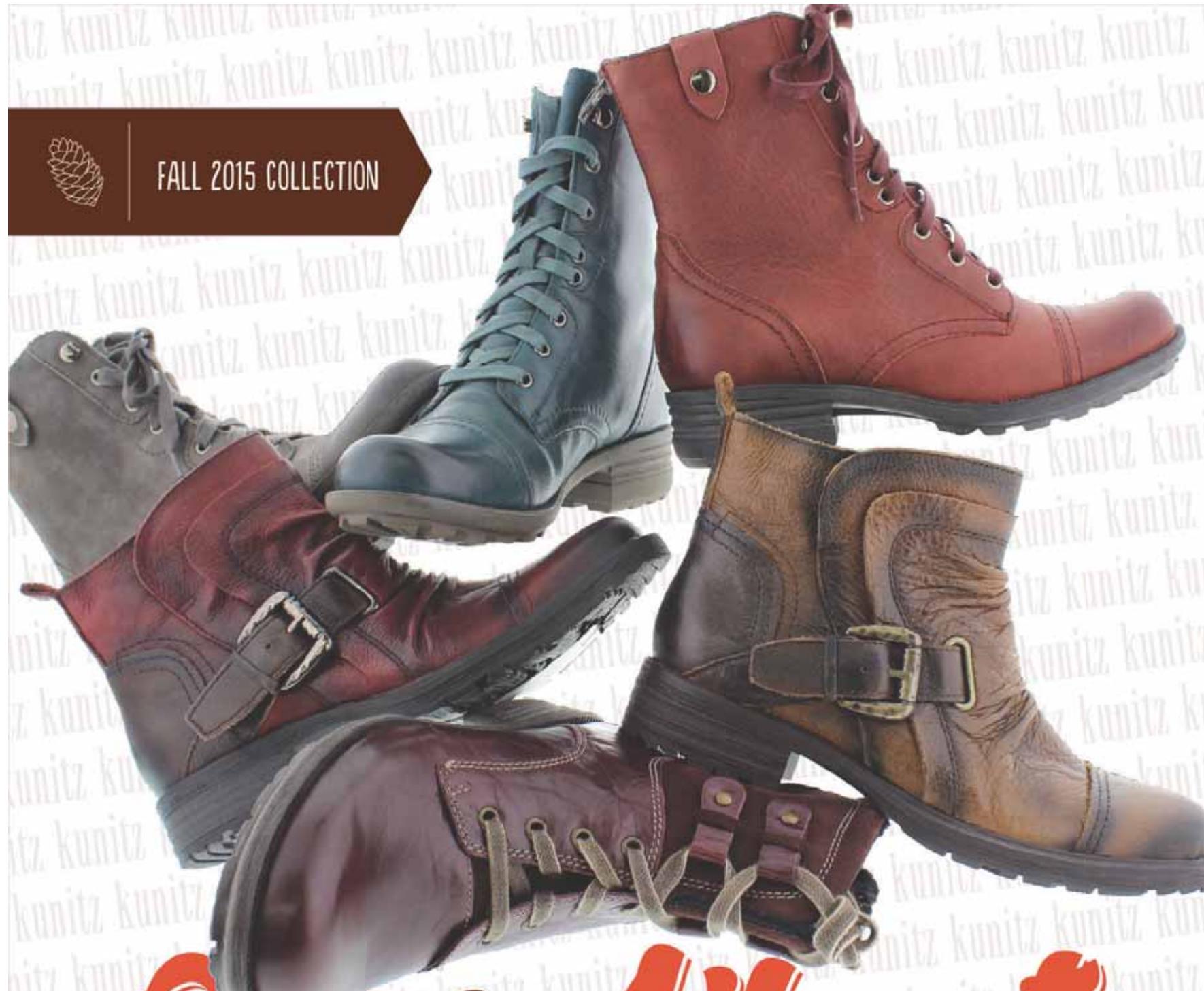
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City set to pounce on company

metronews EXCLUSIVE

Ex-mayor sits on board of spinoff company

Ryan Tumilty
Metro | Edmonton

The city is on the cusp of seizing assets of a recycling company it helped launch under former mayor Stephen Mandel's tenure, while Mandel now chairs a spin-off company's board.

City officials have given Greys Paper Recycling Industries LP until Monday before they act on a breach of its lease agreement, which could include seizing its building and machinery, all of which the city owns.

Greys was created in 2009 with the help of a \$9.4-million contribution from the city. The company promised its "closed-loop" recycling process could create new, saleable paper products using post-consumer paper and cotton.

When Greys opened in Edmonton in 2012, Mandel told Metro it was an exemplary project that raised Edmonton's

\$9.4M

Amount the city invested in Greys Paper Recycling Industries when it was created in 2009.

profile: "All over the world, people are talking to us about doing this kind of facility," he said. "They see Edmonton as a world leader in doing it."

In July 2015, Mandel became chairman of Greys Corporation, the U.S. version, which is attempting to sell the technology developed in Edmonton to American cities.

Metro attempted to contact Mandel but was unsuccessful.

In exchange for its investment, the city's return on its \$9.4 million was to come through property taxes and lease payments — as well as having a world-leading recycling facility.

The city declined to comment on how Greys' lease is now in breach.

Rajan Ahluwalia, the company's CEO, said the city wants \$60,000 per month in rent. While he said he can pay that money, using money from investors, he said the city has stipulated it come from sales of finished paper and not new investors. He said he doesn't understand why.

"When the relationship is only of a landlord and a tenant, you have no right to look at my books or ask where the money has come from."

He said he originally believed Greys had a business partnership with the city, but it later became clear it only wanted Greys to make rent payments.

"I received a letter that said our relationship is only as tenant and a landlord; no other relationship existed."

He said he won't have money from sales before the city's



Former mayor Stephen Mandel tours the Greys Paper recycling plant in 2012, just after it opened with city financial support. Mandel is now on the board of a spin-off company. METRO FILE

All over the world, people are talking to us about doing this kind of facility. They see Edmonton as a world leader.

Stephen Mandel

deadlines.

New technology

Ahluwalia said he's sold paper but admits the product jams

in high-speed photocopiers. He said he's currently retooling the plant for a new process that adds discarded coffee cups to the mixture to improve quality.

Product from that process should be ready for sale in two or three months, he said.

"We have all these clients who want the paper and we have letters from them that, if we improve the quality, they will buy."

Ahluwalia has sent a letter to city council asking them to hold off on their demands.

"I am very disappointed with the new council," he said. "I will

be very blunt."

Next steps

Leo Girard, the city's branch manager for waste services, said in a worst-case scenario the assets the city invested in are worth more than its investment.

"We purchased the building and the equipment assets, so we didn't invest, we actually own assets," he said.

Ahluwalia rejects the idea the city could just take the building and said that would ultimately cost it a lot of money.

"Is someone else ready to run this plant? Does somebody else know this technology?"

Global product

Despite a rocky relationship, Girard confirmed the city's still working with Greys to market the technology abroad through Waste RE solutions.

"There is still activity and considerations for Waste RE solutions to go forward with Greys."

The city created Waste RE last year to market its expertise in waste management.

Paige MacPherson, with the Alberta Taxpayer Federation, said while Mandel's involvement will disturb some taxpayers, the solution doesn't have to be a conflict of interest code or legal framework, but rather just preventing cities from getting into private business.

"This is just another example of why governments should never be in the business of business," MacPherson said.

"We should just cut it right at the source."



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IN BRIEF**NDP backtracks on raise**

The NDP government says it made a "mistake" approving a substantial raise last week for legislative officers and it will reverse the decision.

Members of the Standing Committee on Legislative Offices approved a 7.25 per cent raise for legislative officers on Sept. 24.

NDP members of the committee all approved the wage increase, which would have been retroactive to April 1, 2015. It included raises for six positions, including the auditor general, child and youth advocate and the ethics commissioner, bringing them from a salary range of \$148,000 to \$273,000 up to a range between \$152,000 and \$287,000.

"It is clear a mistake was made, and for that mistake, we government members of the committee sincerely apologize," said Denise Woppard, MLA Edmonton Mill Creek and chair of the Standing Committee on Legislative Offices. METRO

Police seize firearms, drugs on First Nations reserve

On Sept. 24, Alberta Law Enforcement Response Teams (ALERT) and the Edmonton police arrested two people on the Enoch Cree Nation Reserve and seized a restricted firearm along with several other realistic firearm replicas.

Allison Gilmour, 34, and Michael Reigate, 33, are now facing charges related to firearms, drugs and stolen property. Police say the two residents were allegedly involved in property crimes and drug trafficking.

Small quantities of methamphetamine and GHB were also seized along with numerous pieces of stolen personal identification, lock-picking sets and a digital key-making machine. METRO



Premier Rachel Notley called perceived differences between her and the federal NDP a 'misunderstanding.'

GRAHAM HUGHES/THE CANADIAN PRESS

Notley mends fence on cap-and-trade

POLITICS

Premier calls federal climate change plan 'reasonable'

Premier Rachel Notley says she "strongly supports" the federal NDP's plan to combat climate change, except for a cap-and-trade system that could potentially move money out of her province.

A day after she panned cap-and-trade as probably not the "best road forward" for Alberta, Notley tried to set the record straight Tuesday on a perceived rift between her and federal leader Tom Mulcair.

Mulcair's plan would allow provinces to opt out if their efforts to fight climate change were as good or better than a national strategy. That would make it OK for Alberta's New Democrats, Notley said.

"The comments that I made yesterday always aligned with the framework that was announced by Tom Mulcair," Notley told a conference call with reporters.

"What Mulcair is putting forward is that their plan will allow provinces to come up with their own solution.

"My opinion with respect to the federal party's plan for climate change is that Alberta can work with it and it is reasonable."

She called the perceived dif-

ference between the branches of the party an "inadvertent misunderstanding" of her remarks in a Montreal speech on Monday.

Mulcair has said that a federal NDP government would develop a national system that would set hard caps on emissions and make polluters who

exceeded them pay.

Mulcair has noted that Canada successfully adopted such an approach decades ago to combat emissions that were causing acid rain.

He did point out that some provinces — British Columbia, Alberta, Quebec and Ontario — have already implemented their own measures on climate change such as implementing a carbon tax or cap-and-trade.

"We're not going to replace something that's working," Mulcair said on the weekend.

That opt-out is what has Notley onsite.

"We're not particularly interested in a plan that is going to result in a transfer of capital outside of Alberta," she said Tuesday. THE CANADIAN PRESS

FUNDING

Coalition proposes wellness incentive

A coalition of groups is calling on Alberta's cash-strapped government to spend millions of dollars on a new organization that would encourage people to live healthier lives.

Wellness Alberta wants the province to create an independent foundation and fund it with an annual grant of \$60 million that would increase to at least \$200 million in three to five years.

The coalition says the Alberta Wellness Foundation would work to promote physical activity and reduce unhealthy eating, tobacco use, alcohol abuse and injuries.

Calgary oilman Jim Gray, chairman of the coalition, said the foundation would pay dividends by taking pressure off the hard-pressed health-care system, which already eats up almost half of Alberta's budget.

"Alberta needs a well-financed, effective and sustainable wellness foundation to reduce the burden of chronic disease and injury. We simply cannot afford not to invest in disease prevention," Gray said Tuesday.

The coalition said the government could fund the wellness foundation through general revenue or with a special wellness tax on tobacco, alcohol or sugar-sweetened drinks.

It hopes the government will announce the foundation before the end of the year and allow it to begin operating before the end of 2016.

Groups endorsing the coalition's proposal include Alberta Blue Cross, the Alberta Medical Association and the cities of Edmonton and Calgary.

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DEVELOPMENT

NAIT's partnership with Cuba in 15th year



Andrea Ross
Metro | Edmonton

It's been 15 years this month since Northern Alberta Institute of Technology began training Cuban workers in skilled trades, and there's no end in sight for the program.

NAIT first began sending instructors to the Centro Nacional para la Certificación Industrial (CNCI) in Cuba in Sept. 2000, initially offering courses to 80 students. The program is supported by the technical school and Foreign Affairs, Trade and Development Canada.

Today, more than 11,000 Cuban students have benefitted from the program, becoming certified in 20 trades, technical and business programs.

Graduates have become electricians, instrumentation technicians, machinists, millwrights and heavy equipment technologists — all work that helps build

the Cuban economy, NAIT vice-president George Andrews said.

"This is a way of developing best practices in the country," Andrews said. "It's completely self sustainable now. The people of Cuba are fantastic, they're very nice people, hard workers and very industrious. They're the perfect students."

The institute is located near the city of Cienfuegos, on Cuba's southern coast. Over the past 15

years, 145 NAIT instructors and specialists have gone to teach in Cuba, and more than 60 Cuban specialists have come to learn at NAIT.

NAIT has also donated various

computers and other equipment to the institution during its history.

It's a partnership that has benefitted both NAIT and the Cuban people, Andrews said.

"There's a real sense of family, and as a result, they're interested in collaborating together," he said. "It gives you a sense of why the Cuban people are so great."

This is a great project that I would say is a huge success.

George Andrews



NAIT partnering with Cuba in trades training. CONTRIBUTED



A newly-installed speed bump in the Ottewell neighbourhood is seen here on 94B Avenue between 73 Street and Ottewell Road. KEVIN TUONG/FOR METRO

Shortcutters will take their bumps

TRAFFIC

Move meant to reduce speed in targeted areas of city



Braeden Jones
Metro | Edmonton

Speed humps and wider "speed tables" are being installed in Ormsby Place, Crestwood, Ottewell and Newton this week as part of a pilot project to deter drivers from shortcutting.

"Ultimately the lessons learned

from these pilots will provide input into a citywide policy we will develop for next summer," said transportation services supervisor Darryl Mullen.

Mullen said the bumps are meant to reduce vehicle speeds and traffic in those neighbourhoods which were identified during a shortcutting audit as having "long-standing community concerns."

"We will be doing traffic surveys before and after to assess their effectiveness in reducing traffic volume and shortcutting, and we will also be collecting public feedback throughout this process," he said.

Other traffic-calming measures

There is no exact science here.

Coun. Michael Oshry

have been controversial in the past. The city removed traffic barriers in Pleasantview earlier this month after that pilot project flopped.

Mullen said roadblocks, speed display signs and bumps all work in the right applications, which is why the citywide policy is needed to address a growing list of neighbourhoods with shortcutting issues.

Coun. Michael Oshry, chair-

man of the transportation committee, said shortcutting has been an issue in most wards for a long time.

"While it might seem like there are quick and easy solutions, it's actually quite complicated and quite expensive to put in some of these mitigations," he said.

Oshry said the pilot projects and a policy will help council decide how to allocate money towards combatting shortcutting across the city in the next budget cycle.

"There is no exact science here ... so we will do these pilots to see how they work and then expand from there," he said.



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Const. Murray Burke raised Maverick into an award-winning dog. ANDREA ROSS/METRO

Police dog tops national contest

ANIMALS

Canine beats 35 competitors from 15 police departments



Andrea Ross
Metro | Edmonton

An Edmonton police canine has been named the top dog in the country.

Maverick, a seven-year-old German Shepherd, placed first overall in the Canadian Police Canine Association Trials earlier this month in Medicine Hat.

The trials pitted 35 teams of police dogs and handlers from 15 police departments across Canada in categories including obedience, criminal apprehension, agility and evidence

searching.

"It was quite a surprise when they called our name. I wasn't expecting it," Maverick's handler Const. Murray Burke said.

"But he enjoys a lot of the stuff we do and he has fun, and I think that's a big thing for him."

The Edmonton police officer and his dog also placed first overall in obedience and criminal apprehension, and fourth in detection.

Burke raised Maverick from a puppy and the two have been with the Edmonton Police Service Canine Unit for five years.

They are one of 14 paired canine teams with the EPS.

First-time EPS competitors Const. Kelly Land and his dog Foxy also placed fourth in criminal apprehension.

Maverick showed off his skills for reporters Tuesday, climbing steep barriers and racing through suspended tires in an obstacle course.

The obstacles are similar to those faced on the job, Sgt. Adam Segin said, and mastering them demonstrates the high expectations for police dogs.

"It's a significant accomplishment and speaks volumes to the dedication of our members and the pride they take in their craft," Segin said.



It's a significant accomplishment and speaks volumes.

Sgt. Adam Segin

"The dedication that they put forth daily to advance their skills and training helps them perform well at these events, but more importantly, provides the best service they can to the community."

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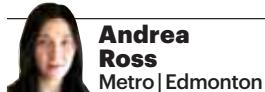
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FIRST NATIONS

Event to support victims



Andrea Ross

Metro | Edmonton

Edmonton police are hosting a free conference to support victims of domestic violence and the families of missing or murdered aboriginal women.

The event is the first of its kind in Edmonton, and runs from Sept. 30 to Oct. 2 at the Delta Edmonton South hotel. Run by the Edmonton Police Service's Victim Services Unit, there will be more than 60 presenters and keynote speakers from police agencies and aboriginal communities across the country.

The primary goal is to educate and connect victims with each other to create a stronger support network, Insp. Dan Jones said.

"We want to connect with victims (so) that we do a better job and make individuals going through bad things feel less isolated," he said. "It's about giving victims a voice."

The focus on domestic violence and missing and murdered aboriginal women is especially relevant, Jones said, considering one in three women in Canada is affected by domestic violence.

Jones said when it comes to missing and murdered aboriginal women, RCMP studies show roughly 60 per cent of murders were as a result of domestic violence.

Some of the workshops during the conference will teach attendees about the court experience, the challenges facing aboriginal women, and systemic oppression and racism.

Domestic violence in particular is a topic that touches every community, Jones said, and education is a step towards reducing it.

"It's time we, as a community, come together and learn about each other's needs," he said.



Kim Loik, whose son took his own life after being cyberbullied, describes him as a loving boy who was made to feel worthless. KEVIN TUONG/FOR METRO

Mother hopes website will help cyberbullying victims

YOUTH ISSUES

Centre launches site for teenagers

Rhonda Kronyk
For Metro | Edmonton

When Todd Loik was just 15, he took his own life to escape extreme cyberbullying.

On Tuesday, Kim Loik, Todd's mom, told Todd's story to dozens of Grade 9 and 10 students at Mother Mary Margaret Catholic School as she helped launch

a website that, its creators hope, can prevent similar stories from needing to be told.

The site is called Need Help Now and is the creation of the Winnipeg-based Canadian Centre for Child Protection. Christy Dzikowicz, director with the centre, said she hopes the site makes youth feel "they are never alone."

Dzikowicz said as the centre got more calls from teens asking for advice about online harassment and cyberbullying, they realized the need was critical.

Loik said she hopes students reflect on her son's story and think, "How we can stop this from happening to someone else?"

Kim Brophy, principal at Mother Mary, said the school has had problems with cyberbullying that have led to disciplinary action. "Any time we can do something to support youth, it's a wonderful thing," Brophy said.

The school is embracing the new website and including it in their curriculum. On Tuesday, schools in Toronto, Winnipeg and Edmonton held similar events to engage teens in the conversation.

The website provides resources and focuses on stopping the spread of sexual pictures and videos. The most viewed page explains how to remove exploitative images from the Internet.

HOW TO PROTECT TEENS

Protecting children from bullying in a cyber world can seem impossible. Still, the Need Help Now website has suggestions.

1. Teens are going to have online relationships. Teach them how to maintain personal boundaries in person and online.

2. Use news stories about exploitation to show how quickly it and cyberbullying spread. Stories about other

teens help ease discomfort and let teens talk in less personal terms.

3. Encourage teens to seek help when they feel uncomfortable in a relationship. Your son or daughter may be more comfortable with a school resource officer, councillor or a family friend.

4. Teach your teens that it is OK to say no, and to block abusive online interactions.



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A community tied in pink

AWARENESS

Second annual campaign aims to double funds raised last year

Taryn Brandell
For Metro | Edmonton

Shoelaces aren't typically a conversation starter — unless they happen to be pink and, perhaps, if they're worn by a man.

Three Edmonton men are using that little lace caveat to raise awareness for breast cancer.

Ryan McCann, Randall Thomas and Joel White created Tied Pink in 2014, a campaign that challenges professional men to sport pink laces to show support for women affected by the disease.

The campaign launches again for a second time on Oct. 1.

"We're all fans of coloured shoelaces and we were watching an NFL game," explained



Ryan McCann, Randall Thomas and Joel White sport bright laces to show support for women affected by breast cancer. TARYN BRANDELL/FOR METRO

McCann. "(They) do a lot for breast cancer so we thought, 'Why don't we sell these pink laces?'

"We just kind of felt like it was time to give back."

With help from corporate

PROCEEDS

All proceeds will be donated to the Canadian Breast Cancer Foundation.

sponsors such as Audi Southgate, the trio raised \$8,000 in 30 days last year.

This year, they hope to double that number, with 2,000 pairs of shoelaces, each selling for \$10.

Women are really strong behind it, but there's not a lot of things that are focused for men to be able to show their support.

Tied Pink co-creator
Joel White

"A lot of the support and things that are happening right now (for breast cancer) are very female based — the women are really strong behind it but there's not a lot of things that are focused for men to be able to show their support," said White.

"The laces are a conversation piece. There's a focus on, 'Why are you wearing them? What's your story?' From the impact standpoint, it's been amazing."

Laces can be purchased on their website, tiedpink.com, or at retailers such as Derks Formalz.

IN BRIEF

Great Ideas speaker series launches in Edmonton

The city's "let's talk transit" event held at the Art Gallery of Alberta Monday evening, in which author Taras Grescoe shared his worldly views on transit, was the first of many such events to come in Edmonton's "great ideas, great city" speaker series.

Urban planning branch manager Peter Ohm said the city has plans for future growth outlined in "the way ahead" implementation plan for city elements like transit and green space, which outlines 23 "city building initiatives." That plan, to be rolled out over the next three years, involves public engagement on a range of topics.

"The key here is we as an organization have to think of ways to get the word out on these city building initiatives ... because council wants to have input from the community," Ohm said.

There will be another few speakers scheduled for the series this winter, the next of which will take place in November.

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 ELECTION 2015 **METROTALKS STEPHEN HARPER** interviewed by Jessica Smith Cross

'We have a plan for the next four years'

Metro: According to under-50 lobby group Generation Squeeze, Canadians aged 25 to 34 earn, on average, \$4,200 less in their full-time jobs than their counterparts did in the late 1970s — and that's in equivalent dollars. What can the federal government do to help young people be at least as financially successful as their parents' generation?

Prime Minister Stephen Harper: We're obviously living in an age of unprecedented global instability. We now have had, what's it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries. We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments, large-scale investments, that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.

Metro: People my age (millennials) fear, when it comes to refugees, Canada has become a meaner country. Others fear that if we accept too many Syrian refugees, Islamic State of Iraq and the Levant (ISIL, or ISIS) extremists will enter with them. Is that a real threat?

Harper: Per capita, we are the largest refugee resettlement country in the world. But, at the same time, we've also made clear that we're going to make sure we select people who are genuinely refugees. Organizations like ISIS are planning attacks around the world. There's absolutely no doubt that they are planning attacks. There is absolutely no doubt that they will use migrant flows to try to move people. That said, no one should think for a second that most of the people who are coming are not people doing it for their own reasons; either they're refugees or they're seeking better economic opportunity or they're under humanitarian stress. A tiny percentage of those would likely be a potential terrorist, but they do exist.

Metro: You came to politics as a reformer. What's left for you to change?

Harper: We now want to make sure we secure our economic framework, that we retain our balanced budget, that we make the investments we need to make to really realize the potential and the opportunities of our economy.

Metro: How will Canadian cities look under another four



Prime Minister Stephen Harper sits down with Metro reporter Jessica Smith Cross on Tuesday. STEVEN GOETZ/METRO

years of your leadership?

Harper: Unlike most of the most developed economies, all of the major developed economies, our average infrastructure age in Canada has actually started to come down a little bit. Theirs is actually rising. We have an opportunity here to make these investments, and we are doing so, without borrowing money, without raising people's taxes.

Metro: If you had a time machine and had the opportunity to go back, what are three pieces of advice you would give your younger self?

Harper: I guess if I could say one thing, it's that you don't know what's coming next. Particularly in this age of a global economy. Anything that happens

phy of government, where you're leading. We've been clear where we're leading. A government that's lean, where taxes are low, where we don't create jobs directly but we work closely with economic actors to make sure we have a good environment to create jobs. If you have no philosophy, you will just be anchorless and rudderless. Nobody looks at Canada and thinks that. You can look at a lot of other countries and think that. But I don't think people think that about this country.

Metro: We've heard you make many comments that don't seem positive about elites. What do you think has changed them?

Harper: It's not that elite opinion doesn't matter. It all

for their positions. And this is elite political correctness on steroids. We can't have two classes of citizens ... We can't have a class of people who are war criminals and convicted terrorists, as opposed to everyone else.

Our Canadian citizenship means something, and if someone, as we just had recently, someone is convicted of trying to plan the most horrific terrorist plot in Canada — it's something that if carried off would have created a 9-11 in downtown Toronto — if we can't take away the citizenship of that person when we're perfectly able to do so, why, what is it our country stands for, exactly? This is a case where I think you've got elite opinion completely divorced to what ordinary people think and understand. You know, not only on security matters, but we are not a country where we want to have in our midst people who want to destroy our friends and neighbours.

There's some elements of elite opinion who just kind of oppose military intervention, oppose working with our allies, as a matter of principle. How does that help Canadians? Canadians understand that if we don't put military pressure on (ISIS), they are actually going to plan attacks on us. And they



When there is no reason to keep citizenship, then there's every reason why it should be taken away.

pens in the world has immediate effects on us. And I'm not just talking about financial crises, refugee crises, the outbreak of a pandemic. Everything in the world can affect us at any moment. The government has to know where it's going. It has to have its fundamentals down, it has to be prepared to adapt. You need to have a philoso-

matters. Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians. You have the other parties opposing, the fact that we now allow the taking away of citizenship from people convicted of terrorist offences. And I listened to the rationales

HARPER TO HARPER



2015



2003

What would ...say to this guy... this guy?

Q. If you had a time machine, what advice would you give your younger self?

NUMBER ONE. "You don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us."

NUMBER TWO. "You need to have a philosophy. In rapidly changing times, if you have no philosophy, you will just be anchorless and rudderless."

will. And if we're not there, it's going to be worse, not better.

Harper: Would you take away the citizenship of terrorists who only had Canadian citizenship, if you could?

Harper: Well you can't do that because you can't render

people stateless.

Harper: You can't render

people stateless in international law, but when there is no reason to keep citizenship, then there's every reason why it should be taken away.

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Jessica Wilson-Frenken **Age:** 30 **Riding:** Ottawa Centre
Her issues: Child care, affordable housing, the environment

Seeking an end to the 'fog of disinformation'



**ROSEMARY
WESTWOOD**
in Ottawa

Jessica Wilson-Frenken sits surrounded by delicate bowls, linen tea towels and other hand-crafted, hand-picked items at her lifestyle store, Goods, near Ottawa's ByWard Market. "I will cry, for sure. I will be brought to tears," the 30-year-old says of another Conservative victory. She laughs, but she's not kidding.

We're meeting on the eve of the foreign policy debate, one of the issues that is driving Wilson-Frenken's "anyone but Harper" vote, which looks to be bound for the incumbent NDP candidate in Ottawa Centre, Paul Dewar. "I'm pretty pro-NDP right now," she says.

She ranks this election as "very important. I'm getting so wrapped up in it."

This is a big-picture election for Wilson-Frenken, not about small measures that might affect her, but issues that define the country.

It's about building a Canada her children — 6 and 3 years old — can be proud of. "The Canada that I grew up being super proud

of is vanishing," she says. This past Canada Day, she stopped to wonder what exactly she was celebrating. "It was emotional."

She's not concerned with small-business tax breaks, having launched her store in March mainly out of a desire to support local artists and chat with people who pop in. She's wondered how much her sales are tied into a stable public-service workforce in Ottawa, but her vote will be based on other concerns.

Chief among them are so-called "women's issues": child care, affordable housing, wage equality, a murdered and missing indigenous women's inquiry.

On foreign policy, she wants to see a Canada that more readily welcomes refugees.

She's hoping for a strong environmental leader in the next prime minister. While she says that folder is perhaps best represented by Elizabeth May, Wilson-Frenken also supports the NDP's environmental platform.

She likes the NDP's child care proposal, despite the fact her kids will be too old for it, and likes that it was

NDP MPs who originally pushed for the end of the tampon tax.

As for leader Tom Mulcair, "I trust him," she says. Something that Wilson-Frenken can't say for the Liberals' Justin Trudeau — "I feel there's always an ulterior motive with what he's doing" — or Stephen Harper.

She calls the Conservatives' campaign so far a "fog of disinformation."

"I don't know what they've actually done. I don't feel like I can get to the sources when they're saying, these are the things they've accomplished. I don't trust them at all."

The "fog" also refers to the much-publicized muzzling of government scientists, and the public service in general.

Adding to her pro-NDP vote is the fact Wilson-Frenken likes what Dewar has been doing for her community, including cleaning up Ottawa's rivers. Plus, he has the added bonus planning for a "shoo-in" candidate.

Rosemary Westwood is travelling across the country talking to young voters. On Thursday she'll be in Ottawa again.

On the lookout for affordable daycare

Electorate opens dialogue on viable child care strategies



**Lucy
Scholey**
Metro | Ottawa



**Steven
Goetz**
Metro | Toronto

It's the modern-day catch-22 for many working parents.

To settle for one of the limited affordable daycare spots or have one parent quit a job to take care of the kids?

Often the stay-at-home task falls on mom's shoulders. And it shouldn't, says Martha Friendly, founder and executive director of the Child Care Resource and Research Unit, which is working to secure affordable, quality daycare for all families.

"Women are well-educated and are an important part of the labour force, and child care is an important factor if we want women to participate in the workforce," said Friendly.

A national daycare strategy has been on and off the federal parties' platforms since the 1970s. Paul Martin all but secured a national child-care program in 2004, before Prime Minister Stephen Harper won the 2006 election and scrapped the plan.

This election campaign, only the New Democrats have ex-

plicitly promised an "affordable universal national child care program."

The Liberals are promising a "new National Early Learning and Child Care Framework," while the Green Party wants universal child care for at least 70 per cent of children age six or under. Instead of a child-care plan, the Conservatives would expand the Universal Child Care Benefit to \$160 a month for newborns and children up to six years old, and \$60 a month for the remainder of the age bracket up to 18.

For Jackie Hansen, a single working mother living near the small town of Wakefield, Que., the parties' child-care plans are too focused on middle-class, nuclear families.

Because many centres in the city start accepting children at 18 months old, finding an early daycare spot proved difficult. They settled for a centre that charged \$1,900 a month, which was more than their mortgage payments, but worth it for the short term. Their boy has since moved to a new daycare that's substantially less — \$1,243 a month or about \$62 a day.

Her advice for the federal party leaders: Meet the daycare demand.

"The stress, when you're newly pregnant, is already there," she said. "Already feeling worried about childcare when you don't have a child that's even arriving for another six to seven months — that is just something where if it can be avoided, that would be all the better."

BY THE NUMBERS

Child care: Can we afford it?



Dead last

Canada's rank among 25 industrialized countries rated by the OECD for the quality and accessibility of their child care programs

\$11 Billion

Estimated annual cost of a subsidized national daycare program that would cost **\$10 a day** and be free for those earning less than **\$40,000 a year**



48%

Proportion of earnings that low-income, single-parent Canadian families spend on child care



The minimum estimated return, in federal and provincial tax revenue, on every dollar spent on a Canada-wide plan:

150%

SOURCES:
ORGANIZATION FOR ECONOMIC
CO-OPERATION & DEVELOPMENT
TD BANK

STATSCAN

Seniors outnumber kids for first time

Canada's seniors have edged out the number of children under the age of 15, according to the latest population figures that experts say contain further evidence of a long-projected shift in the country's demographic makeup.

The latest round of data released by Statistics Canada on Tuesday show seniors made up 16.1 per cent of Canada's population as of July 1, 2015, compared to 16 per cent for children aged zero to 14.

The figures show a fundamental shift in Canada's composition and signal that the time to confront looming challenges is at hand, said Amanda Grenier, director of McMaster University's Gilbreath Centre for Studies

in Aging.

Grenier said Canadian policy-makers need to emulate policy-makers around the world by reconsidering "how to organize society" to cater to the needs of an aging population.

StatsCan said the figures were driven by a trend that took root in 2011 and has accelerated — the aging of the baby boomers, or Canadians born from 1946 to 1965. THE CANADIAN PRESS



They're still fairly young seniors.

Demographer David Foot on the baby boomers

HEALTH

Medical marijuana safe, effective: Study

Medical cannabis appears to be reasonably safe as well as effective in helping to relieve chronic pain — at least in patients who have previously used the drug, a study has found.

The benchmark study, conducted at seven pain-management clinics across Canada, found that patients who used medical marijuana to treat chronic pain had a similar level of serious side effects as those not using the herb.

Researchers also measured changes in pain, mood and quality of life among the patients. "We found that both groups improved over time," he said. "But the cannabis users actually improved significantly more than the control group."

THE CANADIAN PRESS

the two groups during a year of monitoring patients.

The study did find that patients in the cannabis group had an increased rate of mild to moderate side effects compared to those in the non-using control group, such as headache, nausea, drowsiness and dizziness, but those were expected, Ware said Tuesday from Montreal.

Researchers also measured changes in pain, mood and quality of life among the patients.

"We found that both groups improved over time," he said. "But the cannabis users actually improved significantly more than the control group."

THE CANADIAN PRESS

NDP slams Liberals on First Nations math

ELECTION 2015

Costing for education plan doesn't work, says Angus

The federal NDP is questioning the way the Liberals have costed their \$2.6-billion pledge for First Nations education, saying the party has promised to top up a Conservative promise that no longer exists.

Ontario NDP candidate Charlie Angus, a longtime advocate for First Nations issues, said the Grit costing documents include a \$1.7-billion shortfall.

"I'm actually very let down that Justin (Trudeau) played this game because I thought it was a strong benchmark," Angus said in a phone interview.

Trudeau defended his party's numbers Tuesday at a campaign stop in Winnipeg.

"We have been very clear on this from the initial announcement up to our costing platform," Trudeau said.

The federal government, under Stephen Harper, announced funding for First Nations education ... that it had actually never spent. It is money that exists within the current budgetary framework but has not been spent yet on First Nations education."

Trudeau said his party intends to top up the unspent money with "hundreds of millions of dollars more every year" to ensure



Liberal Leader Justin Trudeau tours electric transformer manufacturer Carte International on Tuesday in Winnipeg. NDP criticism has forced Trudeau to defend his funding strategy.

PAUL CHIASSON/THE CANADIAN PRESS

sure First Nations education is properly funded.

But Angus said the math still doesn't add up.

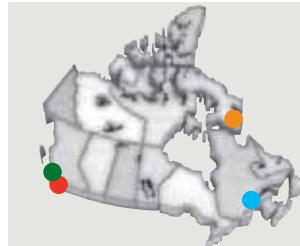
"The Conservatives promised that money and pulled it back, so it's not there," Angus said.

"He's counting a broken promise as financial numbers. So Conservative broken promise, Liberal broken promise.... We need to actually see the dollars so we can build these schools."

THE CANADIAN PRESS



WHERE THE LEADERS ARE WEDNESDAY



Stephen Harper will be in Quebec City.

Justin Trudeau will be in Surrey, B.C.

Tom Mulcair will be in Iqaluit.

Elizabeth May will be in Burnaby, B.C.

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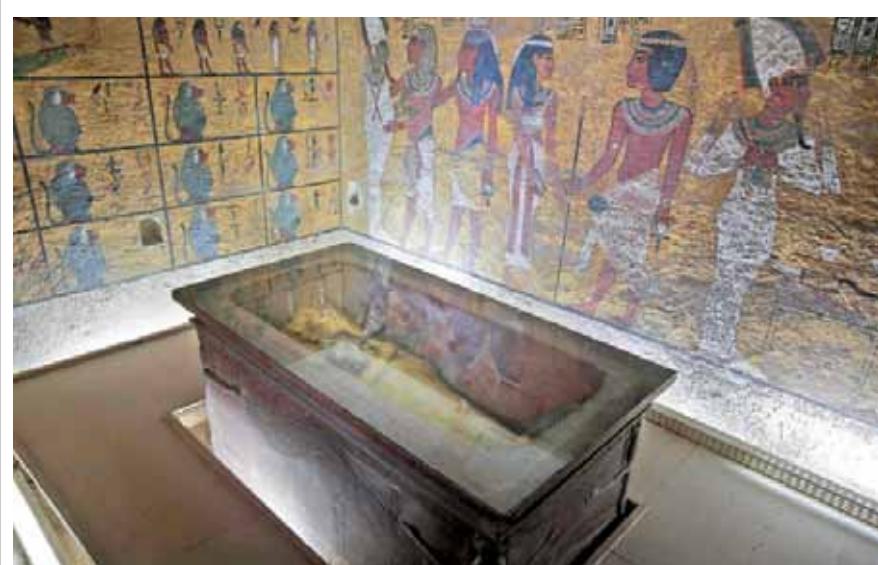
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King Tut lies at the Valley of the Kings in Luxor, Egypt. NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

Tut's tomb may also contain queen

EGYPTOLOGY

High-resolution images reveal hints of hidden chambers

King Tut's tomb may contain hidden chambers, Egypt's antiquities minister said Tuesday, lending support to a new theory that a queen may be buried in the walls of the 3,300-year-old pharaonic mausoleum.

While touring the burial sites of Tutankhamun and other pharaohs in Egypt's famed Valley of the Kings, Minister Mamdouh el-Damaty said he will seek final approval for the radar inspection of the tomb.

El-Damaty was visiting Luxor with British Egyptologist Nicholas Reeves, who recently theorized that Tutankhamun, popularly known as King Tut, who died at the age of 19, may have been rushed into an outer chamber of what was originally the tomb of Queen Nefertiti.

He said high-resolution images of what is known as King Tut's tomb "revealed several very interesting features which

look not at all natural, features like very, very straight lines which are 90 degrees to the ground, positioned so as to correspond with other features within the tomb."

These features are difficult to capture with the naked eye, he said.

Reeves said the plastered walls could conceal two unexplored doorways, one of which perhaps leads to Nefertiti's tomb. He also argues that the design of the tomb suggests it was built for a queen, rather than a king.

"I agree with him that there's probably something behind the walls," el-Damaty said. But he said if anyone is buried there it is likely Kia, believed by some Egyptologists to be King Tut's mother.

Nefertiti, who was famed for her beauty and was the subject of a famous 3,300-year-old bust, was the primary wife of the Pharaoh Akhenaten, who introduced an early form of

monotheism. Akhenaten was succeeded by a pharaoh referred to as Smenkhatre and then Tut, who is widely believed to have been Akhenaten's son.

Reeves argues that Smenkhatre is actually Nefertiti.

"Nefertiti disappears ... according to the latest inscriptions just being found," said Reeves, explaining his theory inside King Tut's tomb.

"I think that Nefertiti didn't disappear, she simply changed her name."

After Nefertiti died, Tut was responsible for burying her, and then when he died someone decided to extend the tomb, Reeves suggested.

"I think since Nefertiti had been buried a decade before, they remembered that tomb was there and they thought, well, perhaps we can extend it," he said.

Any discovery would provide more information about this turbulent time in ancient Egypt. THE ASSOCIATED PRESS

Akhenaten's family is full of secrets and historical issues that have yet to be resolved.

Antiquities Minister Mamdouh el-Damaty



IN BRIEF

Convicted Al Jazeera journalists seek pardon

Three journalists convicted of aiding a terrorist organization while covering Egyptian unrest for Al Jazeera are appealing to Egypt's president to pardon them.

Last week, Egyptian President Abdel-Fattah el-Sisi pardoned other journalists

still in Egypt who had been found guilty of broadcasting what authorities called false reports. THE ASSOCIATED PRESS

Elephants, crocodiles blamed for seven deaths

Beware of the wildlife.

Elephants and crocodiles have killed seven people in separate incidents over a

seven-week period in and around a wildlife park in Malawi, the park's managers said. African Parks, a Johannesburg-based group, on Monday attributed the deaths in Liwonde National Park primarily to the fact that the reserve is unfenced and also to the illegal entry of poachers. THE ASSOCIATED PRESS

Clashes erupt over holy site

JERUSALEM

PM Netanyahu denies having plans to take over compound

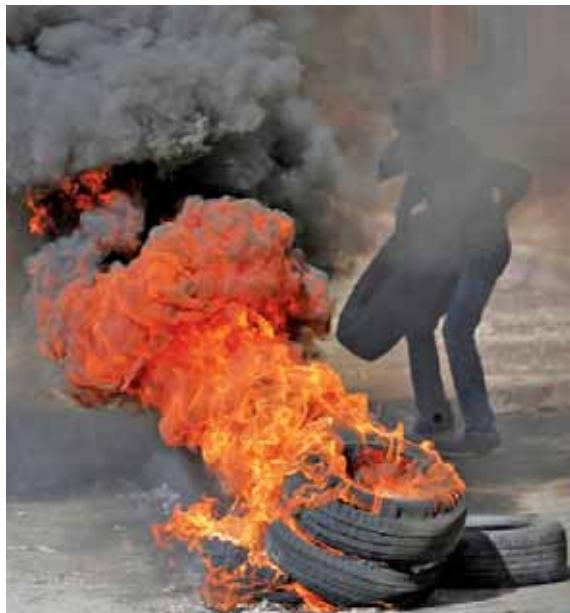
Palestinian demonstrators clashed with Israeli troops across the West Bank on Tuesday, while three tourists were lightly wounded by Palestinian stone throwers as tensions remained high following days of violence at Jerusalem's most sensitive holy site.

The hilltop compound, revered by Jews as the Temple Mount and by Muslims as the Noble Sanctuary, was largely quiet Tuesday. About 600 tourists and 100 Israelis visited the site without serious incident. Israel has barred Muslim men under the age of 50 from entering the compound in recent days in a move it says is aimed at easing tensions.

The site has experienced repeated clashes over the past two weeks as Palestinian protesters barricaded themselves inside the Al-Aqsa Mosque while hurling stones, firebombs and fireworks at Israeli police outside.

The compound in Jerusalem's Old City is a frequent flashpoint, and its fate is a core issue at the heart of the Israeli-Palestinian conflict. Under a long-standing arrangement, Jews are allowed to visit the site but not pray there.

The Palestinians view such visits as provocations, and rumours have spread that Jews are planning on taking over the site, fuelling the recent clashes.



A Palestinian youth burns tires during confrontations with Israeli soldiers in the West Bank city of Hebron on Tuesday.

NASSER SHIYOUKHI/THE ASSOCIATED PRESS

Israel says there are no plans to change the arrangements.

"Israel wants peace with the Palestinian people that unfortunately continue to spread lies about our policy on the Temple Mount," said Israeli Prime Minister Benjamin Netanyahu. "I will demand an end to this wild incitement."

Palestinian President Mahmoud Abbas' Fatah movement meanwhile staged a series of protests on Tuesday.

In the city of Ramallah, about 300 protesters affiliated with Fatah marched toward the nearby Israeli settlement of Bet El. The

military said "rioters threw rocks at passing vehicles and at forces that arrived at the scene." Forces used tear gas, stun grenades and fired rubber and low-calibre bullets at the legs of "main instigators," it said. At least six Palestinians suffered leg injuries.

In Bethlehem, protesters threw rocks and firebombs, wounding a paramilitary border police officer, it said.

On Tuesday, Palestinians hurled stones at a taxi just outside the walls of Jerusalem's Old City, lightly wounding two American tourists, police said.

THE ASSOCIATED PRESS

YEMEN

Death toll from wedding massacre mistake hits 131

The death toll from Saudi-led airstrikes that hit a wedding party in Yemen has risen to 131, making it the deadliest single incident since the start of the country's civil war, medical officials said Tuesday.

The UN says at least 2,355 civilians have been killed in fighting since March, when the coalition began launching airstrikes against Shiite Houthi rebels and allied army units.

At least 80 women were killed in the wedding airstrikes in the central province of Taiz, said Yemeni medical officials

who have been neutral in the conflict.

"To be honest it's worse and worse.... It's beyond despair," said Hassan Boucenine of Doctors Without Borders, speaking about the war.

The Saudi-led and U.S.-backed coalition apparently struck the wedding party by mistake on Monday in al-Wahga, a village near the town of Mokha, Yemeni security officials said.

"There were only civilians there, and most of them died because the Mokha hospital is closed because of supply — no

drugs, no fuel, no electricity, no nothing, so the staff left," Boucenine said. The provincial capital of Taiz was inaccessible due to ongoing fighting.

Victims were transported to Hodeida province to the north, he said, and most of them died on the road.

Paramedic Khaled Basees said local people took on the medical operation without any state assistance, adding that some of the dead were torn apart and their unidentifiable remains buried in a mass grave.

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Obama sees long fight

TERRORISM

World leaders meet at UN to discuss how to defeat ISIL

U.S. President Barack Obama on Tuesday pledged all possible tools — military, intelligence and economic — to defeat the Islamic State of Iraq and Levant (ISIL), but acknowledged the extremist group has taken root in Syria and Iraq, is resilient and continues to expand.

Obama hosted a UN gathering of world leaders working to expand the battle against terrorism, a day after he and the leaders of Russia, China and Iran addressed the General Assembly during its 70th anniversary.

The fight against terrorism, particularly in Syria, has seized the attention of top officials, but there has been no overall agreement on how to end the conflict there.

"I have repeatedly said that our approach will take time. This is not an easy task," Obama cautioned, while add-



Cuban President Raul Castro talks with U.S. President Barack Obama before a bilateral meeting, Tuesday, at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

ing that he was "ultimately optimistic" the brutal organization would be defeated because it has nothing to offer but suffering and death.

"This is a long-term campaign — not only against this particular network, but against its ideology," he said.

Meanwhile, making good on a pledge to change U.S. posture toward Cuba, Obama held talks with Cuban President Raul Castro, the second time the leaders of the once-estranged nations have met this year.

Obama and Castro smiled and shook hands before begin-

ning their private talk on the sidelines of the annual gathering of world leaders at the United Nations.

The White House said the leaders discussed additional steps each government can take to deepen co-operation.

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MOUNT EVEREST

Nepal looks at age, experience curbs

Nepal is considering placing new age and fitness restrictions on people who want to climb Mount Everest, officials said Tuesday, as the country looks to enhance safety on the mountain after several disasters in recent years.

The government is mulling barring people under 18 and over 75, as well as those with disabilities, said Mohan Sapkota, a spokesman for the Himalayan country's ministry of tourism. The new rules could also require that climbers attempting to scale the 8,850-metre mountain have experience on medium-size peaks.

"We are discussing the ways to promote safety for mountaineers. The mountain should not be the place for people to die. It should be a place for adventure," Sapkota said, adding that the government's deliberations were at a very preliminary stage.

Everest climbing permits earn Nepal, an impoverished nation, millions of dollars a year, but the government has come under criticism after a series of disasters over the past



Trekkers walk towards Everest base camp in Nepal.

THE ASSOCIATED PRESS FILE

few years. Officials have also been blamed for granting too many permits.

Nepal currently bars people under 16 from attempting to climb Everest, but has no upper age limit. The oldest person to scale the peak was an 80-year-old Japanese climber.

The youngest to reach the top of the world's highest mountain was 13-year-old American Jordan Romero, who did it in 2010. But Romero climbed from the Tibet side at a time when China imposed no age restrictions on climbers.

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17



Planned Parenthood Federation of America president
Cecile Richards JACQUELYN MARTIN/THE ASSOCIATED PRESS

Republicans slam health care group

U.S. POLITICS

Party tries to gut funding for Planned Parenthood

Republicans accused women's health care provider Planned Parenthood on Tuesday of spending millions of dollars on political activities, travel and lavish salaries, as the party tried to build a case for terminating the group's federal money after a series of surreptitiously recorded videos.

Firing back, Cecile Richards, Planned Parenthood's president, said taxpayer money is used to provide sexual disease testing, contraceptives and other health care for women and said none of it is used for political activity. And she said videos released this summer showing group officials discussing their provision of fetal tissue to medical researchers have prompted increased threats against clinics.

"These acts against women and health care providers don't reflect American values or the rule of law, and I hope this com-

mittee will condemn them," she told the House Oversight and Government Reform Committee.

Richards' appearance marked the group's first public face-to-face encounter with Republicans since the videos elevated abortion — and a drive to defund Planned Parenthood — to a top-tier political issue.

Several Republican presidential hopefuls have condemned Planned Parenthood for its work providing fetal tissue. And conservatives' demands that Congress cut its federal payments indirectly contributed to the party unrest that prompted Republican House Speaker John Boehner to announce his resignation last week.

Republican Committee chairman Jason Chaffetz said the panel's examination of tax and other documents showed the group has given \$22 million over the past five years to its political affiliate, the Planned Parenthood Action Fund. He said it also spent more than \$5 million on "exorbitant" travel in 2013. Richards said none of the money Planned Parenthood transfers to its political arm comes from taxpayers.

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\$22M

Alleged dollar amount given to Planned Parenthood Action Fund

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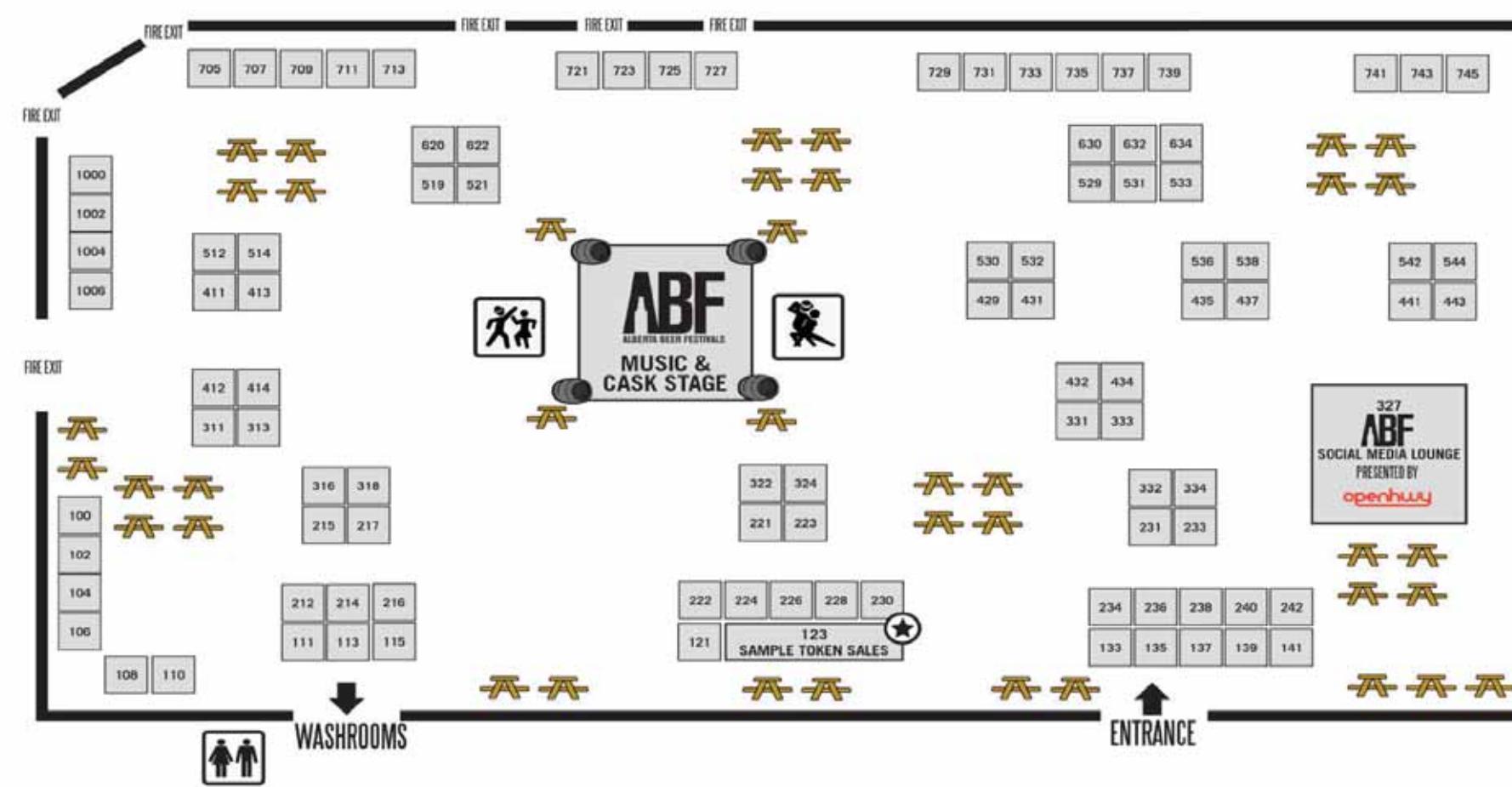
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EDMONTON O
 LOCAL - SEASIDE

LOCAL • SEASONAL • CRAFT

THE MAP



HALL C, EDMONTON EXPO CENTRE

100/102 GREAT WESTERN BREWING CO.
 104/106 SLOPPY HOGG'S ROED HUS
 108/110 THE DOG
 111 TWO SERGEANTS BREWING INC.
 113 LOUNGE
 115 FAT UNICORN BREWING
 121 INFORMATION
 123 SAMPLE TOKEN SALES
 133/135 STEAM WHISTLE BREWING CO.
 137-141 SONIC 102.9 FM
 212 OLDS COLLEGE BREWERY
 214/216 EDMONTON BEER GEEKS ANON.
 222 MOJO PHOTOBOTH/EDMONTON'S FOODBANK
 224 LOUNGE
 226-230 THE HAT RESTO PUB
 234/236 BIG ROCK BREWERY
 238 LOUNGE
 240/242 PAMPA BRAZILIAN STEAKHOUSE
 215 LAKE OF BAYS BREWING CO.
 217 JP WISERS HOPPED CANADIAN WHISKEY

221 ALLEY KAT BREWING CO.
 223 LOUNGE
 231 YELLOWHEAD BREWING CO.
 233 LOUNGE
 316/318 BREWSTERS BREWING CO.
 322 WILD ROSE BREWERY
 324 LOUNGE
 332 ALLEN BRANDS
 334 OPEN HWY
 311 RIBSTONE CREEK BREWERY
 313 YUKON BREWING CO.
 331/333 ON THE ROCKS
 412 GRANVILLE ISLAND BREWING CO.
 414 LOUNGE
 432/434 THE DRUID
 411 EDMONTON SPORT AND SOCIAL CLUB
 413 RICKARD'S LEDERHOSEN
 429 GRIZZLY PAW BREWING CO.
 431 LOUNGE
 441 TROUBLED MONK BREWERY
 443 101.7 WORLD FM

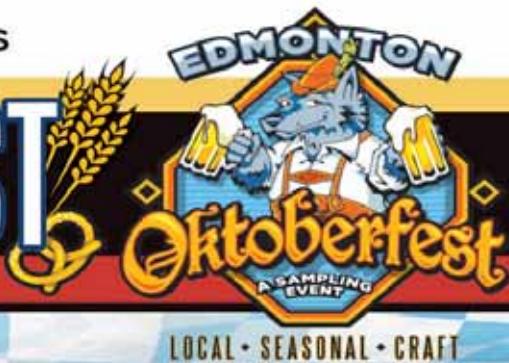
512/514 SOMETHING BREWING CO.
 530/532 OKANAGAN SPRINGS BREWERY
 542 PACIFIC WESTERN BREWERY
 544 LOUNGE
 519 BENCH CREEK BREWERY
 521 SIX CORNERS BREWERY
 529-533 SAGAR
 620 DEDICATED DESIGNATION BREWERY
 622 WESTWAY LIQUORS
 630 BLINDMAN BREWERY
 632 LOUNGE
 634 RUSSELL BREWING CO.
 705/707 IMPACT CANOPY
 709 LOUNGE
 711/713 SHERLOCK HOLMES PUB
 721/723 MINHAS MICRO BREWERY
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Business | **metronews**

WOMEN ON BOARDS

CIBC to set target numbers

CIBC plans to set formal targets this year for the number of women on its board of directors and in executive officer positions, the bank's CEO said Tuesday.

"In business, people respond to targets," Victor Dodig said during a roundtable hosted by the Ontario Securities Commission on the issue of gender diversity on corporate boards.

In a joint initiative with other securities regulators, the OSC released a review Monday of a new "comply and explain" policy that requires publicly traded companies to disclose certain statistics around the representation of women on their boards and in executive officer positions.

Regulators in every province and territory except for Prince Edward Island, Alberta and British Columbia implemented rule amendments at the end of last year requiring issuers to provide targets for how many women should sit on their boards or in executive officer roles.

The rule changes also require companies to disclose their policies relating to how women are identified and nominated for such posts.

If an issuer chooses not to implement targets for female composition and other related policies, it must explain why it has chosen not to comply.

Dodig said about 30 per cent of CIBC's directors are women.

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Google aims at Apple with two new phones

TECHNOLOGY

Upgraded Now personal assistant rivals iPhone's Siri

Google is countering the release of Apple's latest iPhones with two devices running on a new version of Android software designed to steer and document even more of its users' lives.

The Nexus 6P and Nexus 5X unveiled Tuesday are the first smartphones sold with an Android upgrade called Marshmallow. It features changes that will give expanded powers to Android's personal assistant, Google Now, so it can explore the information that people call up in the mobile applications.

The Marshmallow version of Android enables users to summon Google Now to scan whatever content might be on a mobile device's screen so it can present pertinent information about the topic of a text, a song, a video clip or an article.

The new Android feature, called Now on Tap, will scan the screen in an attempt to figure out how to be the most helpful. Apple's new operating system also has programmed the iPhone's Siri assistant to



Dave Burke, vice-president of engineering at Google, speaks about the new Google Nexus 6P smartphone during an event on Tuesday in San Francisco, Calif. TONY AVELAR/THE ASSOCIATED PRESS



The Nexus 6P smartphone.
COURTESY GOOGLE.COM



The Nexus 5X smartphone.
COURTESY GOOGLE.COM

be more intuitive so it can anticipate what the user might want or need before being explicitly asked.

"In a multiscreen world, it is even more important for

in the U.S., United Kingdom, Ireland and Japan on Tuesday, with prices for the 6P starting at \$499 US and \$379 US for the 5X with no commitment to a wireless contract required. They are expected to start shipping by mid-October.

The Nexus phones are undercutting Apple, which sells the iPhone 6s for \$649 US and the 6S Plus for \$749 US without a subsidy from a wireless carrier.

The debut of the latest Nexus phones underscores the steadily intensifying rivalry between Google and Apple as they duel for consumers' loyalty in the increasingly important mobile device market.

THE ASSOCIATED PRESS

IN BRIEF

Hudson's Bay cutting jobs in Toronto and New York

Hudson's Bay is laying off 265 people. Company spokeswoman Tiffany Bourre says the cuts will affect a variety of jobs but will mainly be from its corporate offices in Toronto and New York. Bourre says the majority of the layoffs are in the New York offices. The company, which was founded in 1670, employs close to 45,000 people around the world.

THE CANADIAN PRESS

Snowden joins Twitter, immediately follows NSA

Edward Snowden, the former National Security Agency worker, who leaked classified documents, opened a Twitter account Tuesday. He had more than 185,000 followers an hour after his first tweet, "Can you hear me now?" He is following just one account: tweets from the National Security Agency.

THE ASSOCIATED PRESS

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COMPUTERS

Mac upgrade ready to download

The name of Apple's new Mac operating system says a lot about what to expect.

"El Capitan" won't offer dramatic changes, but rather refinements and enhancements to the current Mac system, called Yosemite. In real life, El Capitan is a rock formation in Yosemite National Park. It's as though the new Mac system isn't big enough to leave

Yosemite. Nonetheless, it's an upgrade worth having after it's out Wednesday, especially as it's free. Though you're not getting a lot of new functionality, El Capitan is packed with goodies that will shave off seconds here and there. Those seconds will add up.

New features worth checking out include Notes, where it's now possible to drag in

photos, add map locations and create checklists, a smarter search, where you can search for old documents using natural language, such as "find me spreadsheets from March 2013," and pinning websites.

A pin is like a bookmark, except the website you're pinning is always open and refreshing in the background.

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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

Our office dress code allowed shorts on casual Fridays during the summer, but now it's back to long pants for everyone. This is unfair because women are still allowed to wear short skirts and dresses year-round. Should I protest?

Patrick, Edmonton

Dear Patrick,

I'm of the view that great swaths of naked flesh are not appropriate for any respectable workplace, and I could even use the etiquette argument that covering up as per the rules makes for a more comfortable and productive office where no worker need be distracted by semi-nudity at the next desk.

That being said, your question raises some interesting issues around civil rights and sexism.

Assuming your office is indoors and your duties don't require a hazmat suit or fire-retardant underwear and you haven't signed a contract agreeing to wear a company uniform or abide by any other rules re: clothing and accessories, you can pretty much wear whatever you like to work in this shining democracy we call Canada. That's barring any contravention of the Criminal Code, section 173's dictates on indecent exposure.

If you're challenged by the brass, you can always take it to

You'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in.

THE QUESTION

Our office allows shorts on casual Fridays during the summer, but now it's back to long pants. This is unfair because women are still allowed to wear short skirts and dresses. Should I protest?



court. You have a good chance of winning, as other Canadian workers have, over the years, won the right to wear pantsuits (for women) or earrings and sideburns (for men).

Personally, I might choose a different battle to risk my job over, like: are the skirt-wearing non-male people in your office being promoted and paid equally, while elsewhere in our shining democracy women earn 74 cents for every dollar earned by men? Does your company support recycling? Is there one flickering fluorescent light that is giving you migraines, but no matter how many times you complain nothing happens? And you swear to God one day you are really going to lose it and take that cheap ugly broken coat stand and smash those flickering white tubes to pieces? And then mercury vapour will infect the entire office and is that what they want?

But that's just me. If baring your lower limbs to the people

you work with is a civil-rights issue you truly believe in, I wholeheartedly support your right to go ahead and protest.

As for your complaint that the rule is sexist, one might argue that, good lord, man, women are making 74 cents on your dollar and now you're whining because they get to wear dresses? But I am not that person. I think all sexist rules are all bad, no matter who seems to benefit. And the dress thing is not always a benefit. While waiting tables at one of several disgusting restaurants during university, I was once required to wear a bust-enhancing Bavarian-fraulein frock made out of some special kind of plasticized polyester that retained the body odour of every previous wearer, no matter how many scalding-hot wash cycles I put it through. And it was a pizza restaurant!

The fact is, "letting" women wear dresses and skirts, and

deeming smooth, slim female limbs more acceptable than knobby, hairy male limbs, is just another example of how our patriarchal shining democracy condescendingly idealizes the female form. That reinforces the idea that women are softer and more decorative — i.e., less useful — than brawny men, which then makes it easier to relegate the semi-clothed "skirts" to the 74-cents-on-the-dollar category.

So, Patrick, rest assured that you'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in. And, if you don't feel like going to the barricades over it, allow me to suggest one other way you can follow the long-pants-or-skirts-only rule and still feel the breeze on your knees.

You can always wear a kilt.

Need advice?

Email Ellen:

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metroview

Vote for public services by ballot, not crowdfunding



Laura Boast
Metro | Toronto

mayor of Central Falls, R.I., turned to the civic crowdfunding site Citizinvestor to raise money for park trash cans.

It was a success: a small number (68) of likely wealthy donors raised \$10,000. But the cash won't cover the cost of workers to empty the new trash cans or replacements when the sparkly new cans themselves become trash.

In a larger campaign, a small Welsh town turned to the crowdfunding site Spacehive to get the last \$40,000 needed to build a community centre. There was a sense of urgency: government grants for the project were about to run out. The U.K. comic Stephen Fry challenged his four million Twitter followers to donate. Result: the town has a new community centre.

But not everyone has a Stephen Fry. Funding for public resources shouldn't require a celebrity endorsement. It shouldn't be a contest to see who can tell the best story.

Civic crowdfunding is like the Hunger Games: it pits people with equally worthy causes against each other. Like the series' hero, Katniss Everdeen, those with extra strengths (social-media savvy, a great personality) prevail. But it's not just individuals at risk in this very public game — it's the idea of equitable, impartial, fair public funding.

That's what we pay governments for. The more crowdfunding takes over, the less government has to. Public services are always going to be a popularity contest, but I want my vote to be on the election ballot.

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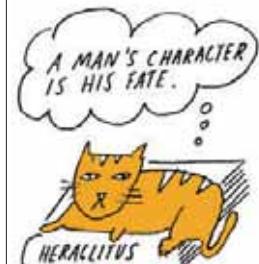
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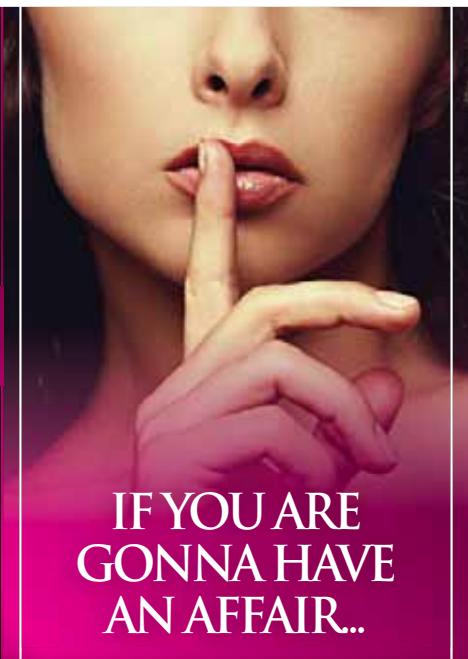
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Orange you glad it's October?

IN SEASON

Spice up your fall food repertoire with tasty and versatile pumpkin

Pumpkin is definitely the "flavour du jour" at this time of year, although much of the coffee, tea, chips, cereal, marshmallows, gum and even beer that purport to be pumpkin-flavoured haven't been within a mile of real pumpkin.

Instead, they're made using the spices that give pumpkin pie its distinctive taste — some combination of cinnamon, nutmeg, clove, ginger, allspice and mace.

But if you want the real thing — from scratch — "it requires some work," says Rodney Weisner, chef at the Designer Café in Kentville, N.S.

Weisner confesses that he usually uses canned, unspiced, 100 per cent pumpkin purée in his creations, simply for convenience.

To start with an actual pumpkin is time-consuming and a bit intimidating.

First you have to know there is a difference between carving pumpkins and those used for cooking. Pie pumpkins — also called sweet or sugar pumpkins — are generally smaller, the "meat" is denser, with a less grainy texture, and the skin is easier to peel.

Once you have the right pumpkin, you have to peel it, remove the stringy bits and seeds, then chop it, he says. If using in a stew, for example, the chopped pieces can be added raw. But for every other pumpkin dish Weisner can think of, the chopped pumpkin has to be cooked before it can be combined with other ingredients.

He generally boils it until tender, but it can also be steamed or roasted, even in the shell (after the pumpkin has been



Quinoa and pumpkin is a delicious breakfast substitute for oatmeal. THE ASSOCIATED PRESS

cut in half and cleaned out).

Most recipes call for pumpkin purée, which would describe pumpkin out of a can. To make your own, purée cooked pumpkin in a blender or with a hand-blender and then let it drain in a colander or through cheesecloth for a couple of hours to remove excess moisture.

Pumpkin has a natural sweetness, he says, and perhaps that's why it seems to be more commonly found in dessert-type dishes than in savoury presentations.

Pie is the quintessential pumpkin dessert and a holiday tradition in many

families. But pumpkin breads, cookies, all kinds of cakes, brownies, muffins, cheesecake, mousse and puddings are also popular.

In terms of savoury dishes, "you can basically insert pumpkin into any recipe where you would use a squash or turnip, such as an ingredient in stew, for example," says Weisner. "It's going to add a sweetness; not as sweet as parsnip, for example, but somewhat similar."

Soup is one of the most common savoury pumpkin dishes, but it can also be used to make pasta, lasagna, risotto, hummus and many other dishes.

One of Weisner's favourites is ravioli made with a pumpkin stuffing, garlic cream sauce and topped with Parmesan cheese. He also likes to add "background heat, a little chili powder or a pinch of cayenne, just to give an interesting flavour note."

THE CANADIAN PRESS



RECIPE

Kick-start the morning with a quinoa-pumpkin breakfast bowl

Quinoa is packed with protein, full of fibre and vitamins, and — bonus! — it's gluten-free. The quinoa breakfast bowl is a quick morning meal that can be easily customized according to your family's preferences. Mix cooked quinoa with milk, flavouring (vanilla, orange zest, coconut, etc.), and heat in the microwave until warm. Top with fruit, nuts and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

With fall upon us, this quinoa-pumpkin breakfast bowl will have you feeling positively autumnal.

Start to finish: 10 minutes
Servings: 1

- 3/4 cup cooked quinoa
- 1/4 cup unsweetened vanilla almond milk (or other milk)
- 2 Tbsp pumpkin purée
- Dash of pumpkin spice (or cinnamon and nutmeg)
- 2 tsp maple syrup
- 1/2 banana, sliced
- 2 Tbsp low-fat plain Greek yogurt
- 1 Tbsp chopped almonds (or other nut)

In a microwave-safe bowl, mix together quinoa, almond milk, pumpkin purée, pumpkin spice and maple syrup. Heat in the microwave until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

THE CANADIAN PRESS

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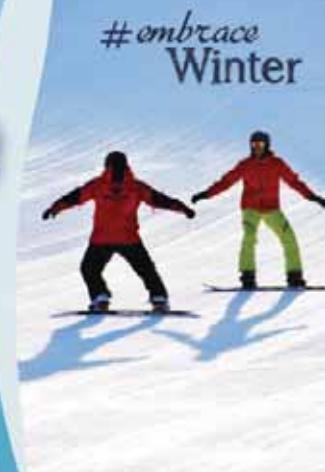
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LIQUID ASSETS**Magnificent Moscato**

While it may seem that sweater red blends get all the attention, the white Moscato grape has carved out a nice little niche for itself among wine lovers both with and without a sweet tooth.

Moscato is the Italian name for the Muscat grape. Grown for centuries in Italy's north-western region of Piedmont, where the slightly fizzy Moscato d'Asti is a classic, it's one of the world's oldest vines. Soft, juicy and with a generally low alcohol level, a Moscato is the quintessential cocktail wine. The typically Mediterranean climate in South Africa embraces the grape, with the lightly tropical Two Oceans 2014 Moscato (\$9.95-\$12.99) offering a balanced mouthful of thirst-quenching peach and pear.

PETER ROCKWELL/METRO

**SUPERFOODS****Inca nuts are high in protein and omega-3 fatty acids**

Theresa Albert
For Metro Canada

Sacha Inchi may be the best plant-based protein you have never heard of.

Inca nuts, as they are sometimes known, are the lightly roasted kernel of a seven-foot tropical vine that can produce fruit a few times per year.

The seed of this fruit is harvested from its husk and inedible goopy layer and then roasted into a

nutty, crunchy snack much like peanuts or soy nuts.

The most common way to consume it, though, is within a protein powder that you may mix into a sport beverage.

These pricey must-have snacks are still hard to find outside health food stores and online health purveyors.

The nut has been consumed by the Peruvians for millenia as it grows wild in the tropics.

The plant fruits a nut that is rich and balanced in all amino acids and has the impressive omega-3 fatty acid profile of fish. It's also full of critical nutrients like vitamins A and E.

The search for a great protein source that's also low in bad fats has led to the soy craze — now winding down

thanks to GMO politics.

Fish are another great source of protein that's high in good omega-3 fatty acids, but it comes with its own set of issues like overfishing and ocean pollution.

So is the answer Sacha Inchi?

Not quite — the way the nuts are grown might prevent them from becoming the next "superfood."

Like many ancient tropical foods, they tend to prefer their wild ways and resist cultivation ... so far.

But now you will know what that cool/quirky ingredient is when it shows up as the hot item in your meal replacement or granola bar: The nutty vegan food with an even nuttier name.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

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**NEW****Keurig's Crock-Pot-sized soda maker**

Making a glass of Coke at home will soon be possible, if you don't mind paying more than \$300 for a machine that sits on your kitchen countertop. Plus an extra dollar or so per drink.

On Tuesday Keurig Green Mountain said it will start selling a machine that makes single servings of cold beverages including Coke, Sprite, Dr. Pepper and flavoured seltzer waters. The machine is similar in concept to Keurig's brewers, which let people make cups of coffee and tea by inserting a pod into the machine and pressing a button.

Coca-Cola is betting big on Keurig Kold, too; the world's biggest soda maker owns a 16.8 per cent stake in Keurig Green Mountain.

Still, it's not yet clear who will buy the Keurig Kold, which is the size of a very large Crock-

Pot. Keurig says the suggested retail price for the machine is \$369.99, but that prices could be as low as \$299 depending on promotions. Each pod will cost between \$1.12 and \$1.25 and make an 8-ounce serving. That means it's not really a way to save money, since people can buy 2-litre bottles and 6-pack cans of soda for less, on a per-serving basis.

Instead, Keurig CEO Brian Kelley said Kold is a way for people to have a variety of drinks at their disposal, without having cans and bottles take up space in their homes. Among the other drinks the machine can make are "craft" sodas made by Keurig, and later this year, cocktail mixers.

"It's a premium — it's about choice and convenience," Kelley said.

The idea of making sodas and other drinks at home isn't new. SodaStream International also sells a carbonation machine that makes seltzer and other flavoured drinks. But its machine differs from the Keurig Kold.

With SodaStream, people fill a bottle with water and press down on a button to carbonate the liquid. They can add as much carbonation and flavouring as they want. A complaint among some users is that the carbonation comes from a CO2 canister, which needs to be replaced every several weeks or so, depending on how often it's used.

The Keurig Kold, by contrast, is more controlled. People fill the machine's water tank, then insert a pod to create a specific drink, such as Coke. The pods have two chambers — one with the carbonation, and one with

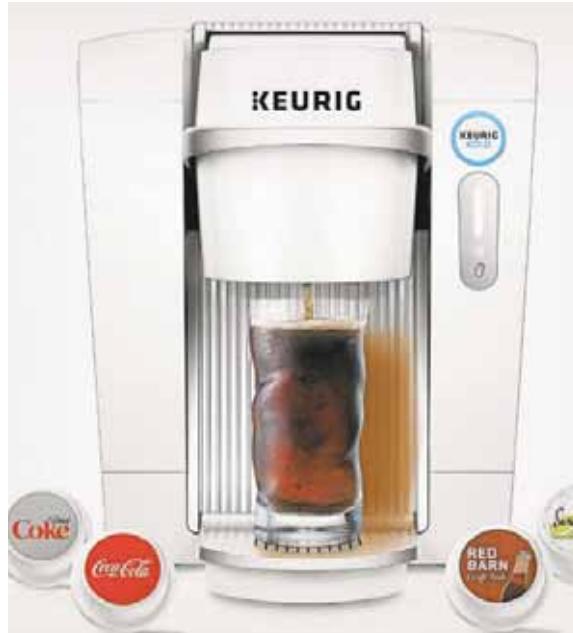
the syrup or flavour. The machine makes the drink in about 90 seconds or less, chilling the water in the process.

In addition to its high price, Phil Terpolilli at Wedbush Securities thinks a barrier to Kold's popularity will be that soda is already so widely available.

"The consumer can already go into a fridge and crack open a Diet Coke," Terpolilli said.

Still, Keurig thinks its Kold machine could eventually be bigger than its coffee brewers, which it says are in about 17 per cent of U.S. households. In addition to going on sale on its website Tuesday, the company says the Kold will be available starting in October at select retailers in Atlanta, Boston, Chicago, Dallas, Los Angeles and New York.

THE ASSOCIATED PRESS



Will there be enough buyers for a gigantic personal soda-making machine from Keurig? THE ASSOCIATED PRESS

Fresh off the press

COOKING

Toronto chain releases a book of vegetarian delights

It's always a thrill when popular Toronto vegetarian chain Fresh reveals its recipes. Super Fresh is the restaurant's fifth book.

The book

Super Fresh: Super Natural, Super Vibrant Vegan Recipes (\$29.99), the fifth instalment in Fresh's cookbook series, offers fans more than 200 "craveable" recipes for meals, juices, nut milks, shots and green smoothies.

Kyla Zanardi's photos make it clear that this is colourful, dynamic, vibrant food that just happens to be vegan. On the food front, the chapters include breakfast/brunch, tasters, salads/dressings, soups, sandwiches/wraps/tacos, burgers, bowls, sauces and spreads/mixes/marinades and more.

The Authors

Founder Ruth Tal and chef Jennifer Houston are partners in Fresh Restaurants, which has branches on Bloor Street West, Queen Street West, Spadina Avenue and Eglinton Avenue East. They've authored four previous Fresh cookbooks — Juice for Life (2000), Fresh at Home (2003), Refresh (2007) and Fresh (2013).

Recipes we're dying to make

Hot banana oat milk, swoosh (power shake), cauliflower benedict, banana nut pancakes, crispy cauliflower bites with Sriracha salt and miso mayo, supergrain soup, oyster mushroom po'boy, Jerusalem bowl and miso gravy.

TORSTAR NEWS SERVICE



PHOTOS: TORSTAR NEWS SERVICE

RECIPE: TOFU CUBES

Eat the marinated cubes raw if you like, but they're even better if they're coated and cooked. Eat them on their own and in rice or noodle bowls, salads and wraps.

Tofu, crispy or marinated

Serves 4

Ingredients

For marinated tofu:
 • 1/2 cup apple cider vinegar
 • 3/4 cup tamari
 • 1/4 cup water
 • 1 block extra-firm tofu, cut into 3/4-inch cubes
 For crispy coating:
 • 1 cup large flake nutritional yeast
 • 1/2 cup corn starch or wheat germ

• 1 tbsp garlic powder
 • 1/4 tsp each: fine sea salt + freshly ground black pepper
 For frying:
 • Oil (sunflower, canola or coconut)

Directions

1. For marinated tofu, in bowl, stir together vinegar, tamari and water. Add tofu. Turn to coat.
2. Let stand at least 15 minutes or cover and refrigerate up to 2 days. (You can eat these raw or cover with crispy tofu coating and pan-fry.)
3. For crispy tofu coating, in medium bowl, whisk nutritional yeast, corn starch or wheat germ, garlic powder, salt and pepper. Use immediately or store in airtight container at room temperature in cool, dry place. Makes 1-1/2 cups.
4. To cook, remove tofu cubes from marinade, discarding liquid or reserving for a second marinade. Place about 3/4 cup crispy tofu coating, or more as needed, in shallow bowl. Add tofu pieces and toss until completely coated.
5. In large frying pan, heat 1/2-inch oil over medium heat. Cook tofu until evenly browned, about 1 to 2 minutes per side. Alternately you can do this in batches in a small saucepan with several inches oil so the tofu is submerged.

TORSTAR NEWS SERVICE

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WINE

Bottled-up romance

In the latest wine and book pairing, publisher Harlequin, best known for their bodice rippers and romance novels, has teamed up with a California winemaker to launch a trio of bottles for an evening of lusty reading.

The collection, Vintages by Harlequin, features the kind of names you'd find on Harlequin covers: Wild at Heart, Substitute for Love and Pardon My Body.

Labels harken vintage love in the 1950s and '60s, when buxom, demure heroines with bouncy hair, pencil-thin eyebrows and scarlet lips were swept off their feet by dark, rugged, chesty leading men.

"Beneath that luscious, full-bodied exterior was a mystery of many layers," reads the back label for Wild



at Heart.

"She was warm and soft, bold and exotic and my passion grew with each encounter."

The trio includes a Chardonnay, Cabernet Sauvignon, and a red blend. Wines are produced by California winery Vintage Wine Estates in Santa Rosa.

Harlequin's foray into wine follows on the heels of E.L. James who made the natural transition from steamy mommy porn to wine in 2013 with the launch of Grey Red Satin, a red blend of Petite Syrah and Syrah, and White Silk, a blend of Gewurztraminer and Sauvignon Blanc.

Vintages by Harlequin are sold exclusively on Amazon.com and available only to U.S. customers and retail for \$14.95 US. AFP

LIQUID ASSETS

Take a sip of Moscato

Peter Rockwell
For Metro Canada



cocktail wine and an easy-drinking companion to a multitude of food, including hard-to-match dishes like salads, fruit and anything spicy.

Though Italy may lay claim to its origins, today Moscato is grown just about everywhere, including Canada. The climate in South Africa embraces the grape, with the lightly tropical Two Oceans 2014 Moscato (\$9.95-\$12.99) offering a balanced mouthful of thirst-quenching peach and pear.

Moscato is the Italian name for the Muscat grape. Grown for centuries in Italy's northwestern region of Piedmont, where the slightly fizzy Moscato d'Asti is a classic, it's one of the world's oldest vines. Soft, juicy and with a generally low alcohol level, a Moscato is the quintessential



Bryan Meadan has chosen a slogan appropriate for beer produced in the Middle East: "Gluten intolerance is the only intolerance we tolerate." ISTOCK

I'LL HAVE WHAT PHIL'S HAVING

Mom's bad cooking inspires new show

Everybody Loves Raymond creator Phil Rosenthal is living a foodie's dream in his new TV series.

I'll Have What Phil's Having is a travelogue — catalogue? — that makes restaurants the tourist stop of choice, following Rosenthal on a global excursion that includes his hometown, Los Angeles.

"With food, you're literally tasting the culture. I plan all my travelling around where to eat," said Rosenthal, whose six-episode series airs Mondays on PBS stations. Japan, Italy, France, Hong Kong and Spain are among the stops.

He's driven in part by a childhood tale of woe: He says his mother was a lousy cook, and not just because the family was on a budget.

"Meat was a punishment," he said. "Grey and flavourless and tough. Chewing it hurt," he said.

This is from a man who made comedy gold out of his parents' quirks in the hit sitcom Everybody Loves Raymond, which starred Doris

Meat was a punishment. Grey and flavourless and tough. Chewing it hurt.

Phil Rosenthal

Roberts and Peter Boyle as mom and dad to Ray Romano.

But Rosenthal insists he's not joking, and recalls asking friends in college to identify "these little white things" in his pasta sauce. Turned out to be garlic, something he'd never been fed by mom.

He's now a true believer in food as a sturdy bridge between people from different countries and backgrounds.

"For me, food is the way in. Food and laughs," he said in an interview, adding that "breaking bread is a time-honoured tradition of bringing us together."

THE ASSOCIATED PRESS



Phil Rosenthal believes food is a great way to bridge cultures.

WBH/VIA THE ASSOCIATED PRESS

Turning water into beer

GALILEE

Microbrewery trend growing in Israel

In an industrial zone among the hills of Galilee in northern Israel, a ponytailed sociologist with an intolerance for gluten explained what he was up to: beer made with chickpeas and dates.

"It's a very Middle Eastern food," 52-year-old Bryan Meadan said of his gluten-free beer made with chickpeas, familiar

to most through hummus and falafel. "Local beer with local products."

In the part of the world where Jesus is believed to have turned water to wine, enterprising Israelis are opting for beer — local, craft beer that often has a regional twist.

The microbrew movement taking hold in many countries, showing drinkers that a pint can mean more than bland lager, has been embraced in Israel as well. A wide range of local producers now have a firm foothold in the market. Meadan, who pursued brewing by first doing it at home, has a particularly niche

It's unfiltered, unpasteurized, very fresh.

Ofer Ronen,
Srigim brewery

operation, producing beer that is both gluten-free and made with chickpeas, dates and buckwheat.

Others have pursued a broader audience while emphasizing their products' local connection.

Drinking may not be the first thing that comes to mind when Jerusalem is mentioned, but a recent beer festival in the city drew thousands — some who

came to party and listen to live music, but others to try the craft beers on offer. Microbrew booths handed out tastings in tiny plastic cups, with customers savouring the flavour as connoisseurs would with fine wine.

While overseeing his crowded booth at the festival, Ofer Ronen, co-owner of Srigim brewery, said he believed craft beers were growing in popularity because drinkers were beginning to see them as high in quality.

"It's unfiltered, unpasteurized, very fresh," said Ronen. "That's why the taste is very powerful."

Ronen had been working in a high-tech job before trading bytes for beers four years ago.

The numbers support what seems to be obvious when visiting Israel's bars and restaurants, where local craft beers often share menu space with the high-volume Goldstar and Maccabee brews.

Palestinians, too, have been producing their own beer. In the West Bank, the Taybeh brewery opened about a decade ago, while locally produced Shepherds Beer recently entered the market.

In Israel, David Cohen was a microbrew pioneer when he opened Dancing Camel nine years ago. He now operates one of the country's main craft breweries. He also has two of his own pubs in Tel Aviv, one of which is at the brewery itself, with couches set up near copper-clad brewing tanks.

Cohen, a former New Yorker and ex-accountant who moved to Israel 12 years ago, produces 20 different beers over the course of the year. One of his ingredients is date honey. Another is juniper berries, which are used in his "Hey Ju-Boy!" beer — a play on the name he was frequently called while growing up Jewish in the Brooklyn borough of New York City. For Meadan, his small gluten-free brewery in Karmiel is only just getting off the ground.

He has chosen a slogan appropriate for beer produced in the Middle East: "Gluten intolerance is the only intolerance we tolerate." AFP



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STUDY

Paleo diet may have gotten wheat wrong

A single tool found in a southern Italian cave is changing what we thought ancient humans ate.

An analysis of a combination pestle-grinder unearthed in the Grotta Paglicci found an ancient starch, thought to be a species of wild grain native to Europe, embedded inside.

The tool dates to 32,000 years ago — about 9,000 years earlier than when humans are thought

to have begun farming grains.

Researchers aren't sure whether the flour was used to make bread, porridge or something else, though it's probably safe to say this isn't the cave where pasta began. Nonetheless, it throws a wrench in the grain ban of the Paleo Diet, which shuns foods that are "new" to our tables like milk, beans, rice and flour.

EVA KIS/METRO IN NEW YORK



Our ancestors may have been harvesting grains 9,000 years earlier than originally thought. ISTOCK

Lessons from episode one of Quantico

PREMIERE

New drama has twists to make your head spin

Lakshmi Gandhi
Metro | New York

Viewers who tuned in to Sunday's premiere of Quantico, the new ABC drama that stars Bollywood actress Priyanka Chopra, would be forgiven if they came away from it thinking they were watching an FBI version of either Grey's Anatomy or Scandal.

While Shonda Rhimes isn't involved with the new show, her influence and style are apparent throughout (indeed, The New York Times noted that the two shows share at least two executive producers.)

The most obvious Grey's Anatomy parallel is that Quantico is an ensemble drama filled with ridiculously attractive and ridiculously earnest characters who are just starting their high-powered careers.

In the case of Priyanka Chopra's Alex Parrish and her co-workers, the group is a highly educated and savvy group of FBI recruits that come from all walks of life and are meeting for the first time in training.

Were you having as hard a time keeping track of everyone's backstories as we were?

Here are four things we learned from Sunday's premiere.



Priyanka Chopra goes Hollywood with this anticipated new drama. HANDOUT

1 Things start with a bang

Or an explosion, to be perfectly accurate. Viewers first get a glimpse of Alex surrounded by the rubble of what used to be Grand Central Terminal. We are then immediately taken back to a more innocent time nine months earlier, when Alex leaves her family home in San Francisco to head to the airport, and her new life.

A bit later on, as Alex comes to, she is almost immediately accused of being the mastermind behind the Grand Central attack. She's then placed in the impossible position of being forced to simultaneously investigate the crime and work to clear her name. All of the sudden, both the viewer and Alex are forced to doubt everything and everyone.

3 Hollywood can create diverse, multi-faceted characters

While Chopra is clearly Quantico's standout star, we have to admit that we were also immediately intrigued by the character of Nimah, a hijab-wearing Muslim recruit.

We first meet her entering a gas station off the side of a highway. Her request to use the washroom is denied, the owner saying that there is no bathroom on the premises (a lie that is quickly revealed.) He then insists that the bathrooms are available to paying customers only.

Nimah lashes out in the most perfect way possible, throwing a couple of dollars onto the counter and purchasing a cheap, probably "made in China" American flag key chain and then dashing off.

2 There's no such thing as a one-night stand in Quantico-land

In one of the most Grey's-esque moments, Alex has what she thought would be a wildly inappropriate, one-time fling with a mysterious stranger she meets on her plane. She tells him she's with Doctors Without Borders. He tells her he's an ex-military man in the Philippines. (Surprise! They are both lying!)

As she climbs off his lap post-coitus, she calmly explains to her new friend? paramour? why things between them will never work out. In the process she reveals to viewers that she has quite a few investigative skills already.

4 Everyone is hiding something

One of the most clever plot devices in the premiere episode was having the FBI recruits be forced to pair off and discover one another's darkest secrets. It was also the moment that lead to the episode's second biggest tragedy, when recruit Eric Packer shoots and almost kills one FBI staffer to prevent his secret from being revealed. That secret? That Packer impregnated a 14-year-old girl in Malawi while he was on a Mormon mission and that the child later died during an illegal abortion.

Like the others, Nimah also has secrets, one of which is that she has a twin who drapes her hijab on the left to Nimah's right. As a side note: We really want to know what kind of background checks this fictional FBI is using. (More on the Bureau's faulty system a bit later.)



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McDreamy or not, Grey's goes on

INTERVIEW

Ellen Pompeo says show was due for an upheaval

Lisa Weidenfeld
Metro | New York



I know that the focus this year is going to be how do you move on in the face of tragedy

Ellen Pompeo

It's not every show that can recover from the loss of one of its two romantic leads, but that's just what Grey's Anatomy will be trying to do this fall.

While the show has been popular over the years for many reasons, a large part of its early success was certainly due to the chemistry between leads Ellen Pompeo and Patrick Dempsey. After Dempsey's beloved McDreamy was written off last season, Pompeo will now be carrying on the banner without him, but she thinks it's good for the show to go through transition.

"I always say this. In order for a one-hour drama to continue, there have to be big upheavals. Every time we've lost

a major character — we've had such amazing characters on the show — and every time we've lost one and it's been devastating and sad and you think, how can the show go on? But that's how the writers find inspiration," explains Pompeo.

And for a show that's been on the air over a decade now, that can inject some necessary life into the work for all the crew. "It always feels completely new, which is why it's easy to keep going," says Pompeo of the atmosphere once one of the cast members leaves.

The show has gone through some high-profile departures over the years, with the firing of Isaiah Washington after an on-set altercation and Katherine Heigl leaving after criticizing her character's storylines.

But Pompeo has stuck by the show and creator Shonda Rhimes throughout, and when asked if she wished Dempsey had been written off in a different way, answers, "I never question Shonda, ever. What she's doing is clearly working."

And that might mean a new romantic interest for Meredith Grey, who's now scrambling in the wake of the death of the love of her life. In response to the prospect of a new love interest, Pompeo says, "As long as Shonda comes up with it, I'm down for whatever."

With that in mind, she says, "I know that the focus this year is going to be how do you move on in the face of tragedy, and (Meredith's) got three kids and I guess to dive into her kids and work is the most logical place."

After all the tragedy at the end of the last season, Pompeo says this season will likely be a little less dark. "Shonda really wants this season to be a lot lighter," she explains. "We have some cute interns and some fresh blood, so I think you have to mix it up. We were dark, now we have to go light. You have to keep changing to keep the audience engaged."



SEASON PREMIERE
Grey's Anatomy
airs on CTV
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Ellen Pompeo has stuck with Grey's Anatomy through thick and thin. HANDOUT

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Painting careers in high demand

A major shortage of quality painters in Alberta has prompted a leader in the commercial painting industry to launch North America's first and only privately held painting school.

"Painter Decorator Academy (PDA) will create opportunities for people who want to improve their painting skills for an industry that is recession proof," says Randy Fatt, regional director at SuperPro Painting Systems, of which PDA is a subsidiary. "As a result of PDA's course foundation, your earnings could be above average."

After opening its doors with successful pilot courses, PDA will have its formal grand opening in November and will offer four levels of pre-apprenticeship painter and decorator training that follows the current Alberta apprenticeship outline. Each level will last two weeks and conclude with a mentorship and work experience under one of SuperPro Painting Systems' journeymen painters.

"Class sizes will be small and a quarter



CONTRIBUTED

of each course will be theory while three-quarters will be practical," Fatt says. "The students will also be supplied with painting tools, which they will have the option to purchase after completion."

Students who completed PDA's pilot courses are applauding the school's ability to equip them with a solid foundation.

"I honestly could not put a price on this experience and what it has taught me," says PDA attendee Gisele Martinez. "I now have the confidence and knowledge to become a professional painter."

For more information, please contact info@pdaacademy.ca.



Content Solutions

CABLE

Minaj gets TV show

Television loves music stars, as two deals with Nicki Minaj and Curtis 50 Cent Jackson demonstrate.

ABC Family said Tuesday that Minaj will executive produce and appear in a new scripted comedy series for the cable channel.

The sitcom will be based on her family's move from Trinidad to the United States and Minaj's development



as an artist growing up in Queens, N.Y., the channel said. It will be shot in Queens this winter.

The airdate and other cast members were not announced.

Also Tuesday, Starz said it has signed Jackson to an exclusive two-year deal to develop new projects for the channel.

He also will continue to serve as executive producer on the drama series Power, which is in production for its third season on Starz.

THE ASSOCIATED PRESS

NEWS

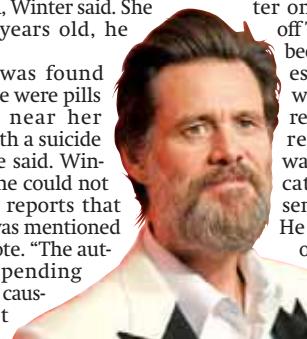
Carrey's partner found dead

Actor Jim Carrey's longtime girlfriend has been found dead after an apparent suicide, the Los Angeles county coroner's office confirmed on Tuesday.

Cathriona White was pronounced dead at 8:40 p.m. on Monday with pills near her body, Ed Winter, assistant chief in the department of medical examiner-coroner, said in a phone interview.

White was found at a home on Briarwood Dr. in Sherman Oaks, CA, Winter said. She was 30 years old, he said.

"She was found and there were pills located near her along with a suicide note," he said. Winter said he could not confirm reports that Carrey was mentioned in the note. "The autopsy is pending and final causes won't



be put out until we get all the tests back," he said.

A media spokesperson for the Los Angeles Police Department told Torstar it had no information about the case.

White and Carrey began dating in 2013. The Canadian actor and the Irish makeup artist had an on-again, off-again relationship which they rekindled in May of this year, according to The Irish Independent.

White last posted on Twitter on Sept. 24. "Signing off Twitter, I hope I have been a light to my nearest and dearest," she wrote. In a statement released Tuesday, Carrey said that White was a "kind and delicate Irish flower, too sensitive for this soil." He said his heart goes out to her friends and family.

TORSTAR/THE ASSOCIATED PRESS

FILM

From Boyhood to manhood



Ellar Coltrane, the star of Richard Linklater's Oscar-winning coming-of-age epic Boyhood has landed his first

adult on-screen role.

According to The Hollywood Reporter, Coltrane is joining former child star Emma Watson and Tom Hanks for The Circle, a satire based on the novel by Dave Eggers.

Focusing on life in the age of Google and set at a company not unlike the search giant, the film, scheduled for release in 2016, will be helmed by James Ponsoldt who is also adapting the screenplay.

AFP

Jonas gives love a try

RELATIONSHIP

Nick and Kate Hudson spotted coupled up in Miami

Ned Ehrbar
Metro | Hollywood

Instead of pondering too deeply exactly why there's a constant fixation on whom Nick Jonas, 23, is or isn't dating, let's just check in on the latest subject of speculation: none other than Kate Hudson.

Yes, you read that right. Jonas' current tour brought him to Florida this weekend, where he was spotted hitting up Disney World



with Hudson, 36, by his side one day, then enjoying a nice brunch at a private club in Miami with her the next, according to TMZ.

Oh, and Hudson doesn't live in Florida, just saying.

"The buzz around the property is that they were acting like a couple," a source says.

"They were definitely there together."

"They made an effort to keep things under wraps, using the private pool for members that's harder for regular guests — and paparazzi — to get glimpses of."

If this is in fact a thing, I'm all for it.



Nick Jonas ALL PHOTOS: GETTY IMAGES

GOSSIP BRIEFS

All Winslet wants is a pressure cooker

Kate Winslet is turning 40 next week, and she's only got one thing on her birthday present wish list — and it's probably not what you'd think. "I'd quite like a pressure cooker. I want to start making bone broths," she tells E! News. When asked by her Steve Jobs co-star Michael Fassbender what exactly a bone broth consists of, Winslet drops some culinary science: "Taking a whole bunch of bones and putting them in a pressure cooker with lots of chopped up leeks and onions and celery and all that stuff and you make this amazing restorative bone broth," she explains.

But, bad news for anyone hoping to impress Winslet: Fassbender has already called dibs on getting her the pressure cooker.

NED EHRBAR/ METRO

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Your essential daily news

Jaguar teams up with British cobbler Oliver Sweeney on two new styles of formal driving shoe



Stick shift a perk in Mazda6



THE CHECKLIST | 2016 MAZDA6

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engine (hp/torque). 2.5-litre I4 (184/185)
Transmissions. Six-speed manual or six-speed automatic
Price. Base \$24,695, as-tested \$32,895

COOL FEATURES

- Front and rear heated seats
- Electronic parking brake
- Heads-up display
- Regenerative electric system
- Adaptive cruise control
- Forward collision alert with braking
- Automatic high-beam headlights



JIL MCINTOSH/FOR METRO

POINTS

- The Mazda6 was the 2014 Canadian Car of the Year, voted by the Automobile Journalists Association of Canada (AJAC).
- The voice command on the available navigation lets you say the entire address at once, instead of line by line.
- The automatic is extra-charge in the base GX, but either transmission comes at the same price in the GS and GT.

MARKET POSITION

Mazda's "SkyActiv" is a variety of fuel-saving technologies, including lightweight materials and drivetrain optimization. The company says gasoline isn't going away any time soon, and it prefers to use this instead of electric or hybrid vehicles.

THE COMPETITION



Hyundai Sonata
Base price: \$23,999



Ford Fusion
Base price: \$22,899



Toyota Camry
Base price: \$24,100

REVIEW

Transmission option, steering impress in 2016 'refresh' model

Jil McIntosh
For Metro Canada



There's no question that, overall, most buyers prefer automatic transmissions, and so that's what most cars have. So it was a pleasure to pick up the 2016 Mazda6 and discover that, in addition to a six-speed automatic, it's also possible to order a six-speed stick shift. And even more unusually, it comes not just in the base model, but can be optioned in all three trim lines.

The 2016 model is a "refresh" rather than a new model, with better seats, quieter cabin, and new interior and exterior styling. It's a very handsome car with its swept-back styling and, on my top-line GT trim, LED headlights and running lights, along with a light bar that follows the edges of the grille.

Although its name has a six, that's not what's under the hood. Instead, all models

get a 2.5-litre four-cylinder that makes 184 horsepower. That might not sound like a lot on paper, but it's a gutsy performer when you're behind the wheel. The shifter only needs a light touch to click precisely into each gear, and the clutch takes up smoothly. The steering is equally accurate and quick to respond, but despite its nimble nature, this Mazda actually feels bigger than it is.

The interior is quite handsome, especially with my tester's black-and-white leather upholstery. The infotainment screen is a tablet atop the dash, which you're going to be seeing in many more vehicles because it keeps your eyes up while you're looking at it, and frees up space in the centre stack.

But the climate control buttons and display are small and require too much attention. The GT trim also includes a driving display that shows your speed and other info right in front of you. Pricier cars project it onto the windshield, but the Mazda6 uses a pop-up plastic screen that, while useful, looks tacked-on and cheap.

Those quibbles aside, Mazda has turned out a very impressive ride here, both in its looks and how it performs. And if you like a stick shift, it just gets better.

“ it's a gutsy performer when you're behind the wheel.



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3

AUTOMOTIVE UPSTARTS STARTED UP AT FRANKFURT

As well as established brands showcasing their latest wares, this year's motor show proved to be the ideal platform for the launch of new and reborn marques with huge ambitions, especially in the premium and electric vehicle markets. **AFP**



+ DREAM TEAM

What sets Thunder Power apart from other small firms with big ambitions are two things. The first is that it is already an established tool-making company looking to move into another area — which is how much of the Japanese auto industry was born. And the second is the executive team behind the car is Peter Tutzer and Franz Schulte, formerly of Bugatti and Ford, respectively.

1 Thunder Power

Even before the technical specifications were revealed, there was a lot of interest in the Thunder Power concept, simply because of its name. A company that is aiming to break into the nascent premium electric car market currently dominated by Tesla, it hopes to hit the ground running, silently and for 600 km between charges, by 2017.

As well as range, it also hopes to compete in terms of power and appearance. It has a claimed 430 bhp, an electronically limited top speed of 250 km/h and can go from standstill to 100 km/h in less than five seconds. Styling is described as European, and a close look reveals hints toward Jaguar and Maserati in there, though there's also an element similar to Mitsuoka. Inside lines are very clean and very European in terms of fit, finish and material, and there's a great wraparound TFT screen that runs the length of the dashboard in place of normal dials.



2 Artega

Like the Thunder Power, the new Artega Scalo is a pure electric car, but its makers aren't new to the market. Artega was a German sports car company that went under in 2012 but is now back, and it announced its electrically powered relaunch at this year's show. The Scalo looks like a traditional mid-engined supersports car — low-slung with wide hips and big air intakes. And while it can hit 100 km/h in just 3.6 seconds, it does so with electric motors. It has a claimed range of 400 km between charges and, if connected to a 64-kW DC charger, will be ready to go again in just one hour.



3 Borgward

It might sound like a school for wizards but it was once a premium German automotive brand — think BMW today — until 1961 when the company went under. Like Artega the company chose Frankfurt for its relaunch, and its first car, the BX7, is a very clean-looking sculpted crossover with a premium interior. Initially power will come from a turbocharged petrol engine but the company is aiming to move to a hybrid setup and then eventually to full electric power. It also has very serious ambitions for the car, forecasting medium-term sales in the region of 500,000 units a year.

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TECHNOLOGY

Carmakers get app-happy with facial recognition, retrofitting

From helping to make stylistic decisions to providing a seamless breakdown service, carmakers are getting increasingly creative with their smartphone apps and connected platforms. This was aptly demonstrated by the latest offerings from Bentley, Mercedes and Vinli at this year's Frankfurt motor show, which ran Sept. 17 to 27:

Bentley Inspirator

Bentley's new app is designed to help clients customize and choose from the growing number of leather wood and paint palettes on offer when specifying their luxury cars. When launched on a smartphone or tablet, the Bentley Inspirator app uses the device's front-facing camera to monitor the user's facial expression while he or she watches specially curated and developed static and video imagery. Based on what it interprets are the emotional responses, the Inspirator will generate a bespoke Bentley for the user, with colours, materials and textures that it believes will have the greatest emotional impact.



The new Mercedes Me app for iOS and Android. **DAIMLER AG**

Mercedes Me

Like other smartphone and smartwatch apps for premium vehicles, Mercedes Me offers remote diagnostics information, live traffic updates and can do things like lock and unlock doors, close windows and activate alarms. Furthermore, users can access a host of the company's services such as maintenance and accident recovery.

However, mobile device technology evolves far more quickly than that inside cars. To combat this, Mercedes also announced the Mercedes

Connect Me adaptor: a little box that can be retrofitted to a host of existing Mercedes models built over the last decade.

Vinli Carport

Less of a standalone app and more of a suite of car-focused and related services, Vinli already offers drivers a diagnostics port adaptor that communicates with a smartphone app in order to track things like fuel economy and mechanical issues.

However, at the Frankfurt motor show, Vinli announced that it's bundling tech into a new platform that carmakers will pre-install in new cars. "There is a huge need for automakers to offer enhanced connectivity capabilities that sync with the connected consumer's rapidly evolving environment," said Vinli's VP of automotive, Mark Spain. "We are thrilled to be the first to present this holistic offering to automotive OEMs (manufacturers)."

The company hasn't confirmed which carmakers will be the first to bring Carport to their dashboards or given any idea of timeline. **AFP**

metro SPORTS

Your essential daily news



Bulls guard Derrick Rose will have surgery after suffering a left orbital fracture on the first day of practice

CFL

Marve walks away from playing career

Winnipeg Blue Bombers quarterback Robert Marve has retired.

Marve cited health concerns as the reason for his decision. He suffered a season-ending knee injury while filling in for banged-up starter Drew Willy.

"After consulting with my doctors, and contemplating my future, and life after football, I have made the decision to retire from this great game," Marve said in a statement. "I would like to thank the great fans of the Winnipeg Blue Bombers, and this organization, who have supported me through this process. I'll deeply

61.8

Marve completed 61.8 per cent of his passes this season, but threw four interceptions to just one TD.

miss the on-field competitiveness, but this is the right decision for me and my long term health."

Marve, 26, started two games this season after Willy suffered a knee injury on Aug. 9 in a 38-8 loss to Hamilton. He was replaced late in a 36-8 loss to Calgary, and the team later said he suffered a season-ending knee injury.

Marve had been troubled by serious knee injuries before joining the Bombers in 2014. He tore the anterior cruciate ligament (ACL) in his left knee three times in college.

THE CANADIAN PRESS



The Blue Bombers quarterback cited health concerns as his reason for retiring. JOHN WOODS/THE CANADIAN PRESS

IN BRIEF

Appeals court not ready to hear Deflategate arguments

A New York federal appeals court says February will be the earliest it will hear arguments in the NFL's appeal of the lifting of a four-game suspension of New England quarterback Tom Brady in the Deflategate controversy.

The 2nd U.S. Circuit Court of Appeals said Tuesday that oral arguments could be heard as early as Feb. 1. The NFL and the NFL Players Association had agreed on the expedited timetable. Lawyers will submit written arguments prior to the oral arguments. Typically, a decision is not immediately rendered once arguments occur.

THE ASSOCIATED PRESS

Brady calls an audible on endorsing Trump

New England Patriots quarterback Tom Brady says his comments that he hopes Donald Trump will win the presidency were taken out of context and an example of why he tries to say as little as possible when speaking publicly.

Brady said during an interview with WEEI-FM radio in Boston that his vote is going to be his own personal choice based on how he feels.

"I don't even know what the issues are. I haven't paid attention to politics in a long time," Brady said. "It's actually not something that I really even enjoy. It's way off my radar." THE ASSOCIATED PRESS

MLB

Numbers aligned for Toronto to claim division

Put the champagne back on ice. The Toronto Blue Jays will have to wait at least another day to try to clinch the American League East.

Their game Tuesday night at the Baltimore Orioles was postponed because of rain, forcing a doubleheader Wednesday at Camden Yards.

Toronto has already assured itself at least a spot in the AL wild-card game and has a magic number of one to clinch the division.

Marcus Stroman (3-0, 1.89 earned-run average), who was scheduled to start Tuesday, will take the mound for the first game and R.A. Dickey (11-11, 4.00 ERA) the second. Miguel Gonzalez (9-11, 4.85) starts Game 1 for Baltimore and Kevin Gausman (3-7, 4.49) Game 2.

"Tomorrow it is," Stroman tweeted. "Rain, rain, go away!" Ace David Price (18-5, 2.45)



Members of the Blue Jays play catch at Baltimore's Camden Yards, where Tuesday night's game was postponed due to rain.

GAIL BURTON/THE ASSOCIATED PRESS

Jays eye AL East title on doubleheader day



Red Sox second baseman Dustin Pedroia tags out the Yankees' Brett Gardner on Tuesday in New York.

KATHY WILLENS/THE ASSOCIATED PRESS

CHASING T.O.

Yankees fading vs. rivals

Michael Pineda was hit hard at the start, and the New York Yankees' playoff push was delayed once again by their longtime rivals when the Boston Red Sox got two homers and five RBIs from rookie catcher Blake Swihart in a 10-4 victory Tuesday night.

Rick Porcello (9-14) recovered neatly from a rocky first inning, and the Red Sox won their season-best fifth straight game to pass the Orioles for third place in the AL East.

Royals slowed in Chicago

Eric Hosmer and Kendrys Morales homered and Johnny Cueto threw six quality innings, but the Kansas City Royals lost to the Chicago White Sox 4-2 on Tuesday night.

The Royals, who have lost four of their last five, are now 1 1/2 games behind the Blue Jays for top spot in the American League. THE ASSOCIATED PRESS

“
Every game's been meaningful.

Troy Tulowitzki, who is expected to return from injury sometime this week.

remains on rotation to start Thursday. It would be his final start of the regular season and

put him on extra rest for Game 1 of the AL Division Series or a wild-card game.

By that point, the Blue Jays could be aiming for the top seed in the American League and home-field advantage throughout the playoffs. They lead the Kansas City Royals atop the AL and have the tie-breaker should the teams finish with the same record.

THE ASSOCIATED PRESS

RECIPE Halibut Tacos with Strawberry Salsa



PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

We know, fish and fruit seems a little odd. But trust us, you'll love this combination.

Ready in
Prep time: 15 minutes

Serves 4

Ingredients

- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions

1. Preheat the oven to 450 degrees. Prepare a rimmed baking sheet. Place fish on the pan and give each piece a coating of oil.
2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.
3. Cook the fish until the colour is opaque and the meat flakes with a fork, about 10 to 15 minutes. Wrap a stack of tortillas in a moist tea towel and place in a casserole dish and cover with a lid or aluminium foil. Place in the oven for 10 minutes to warm.
4. In a medium sized bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

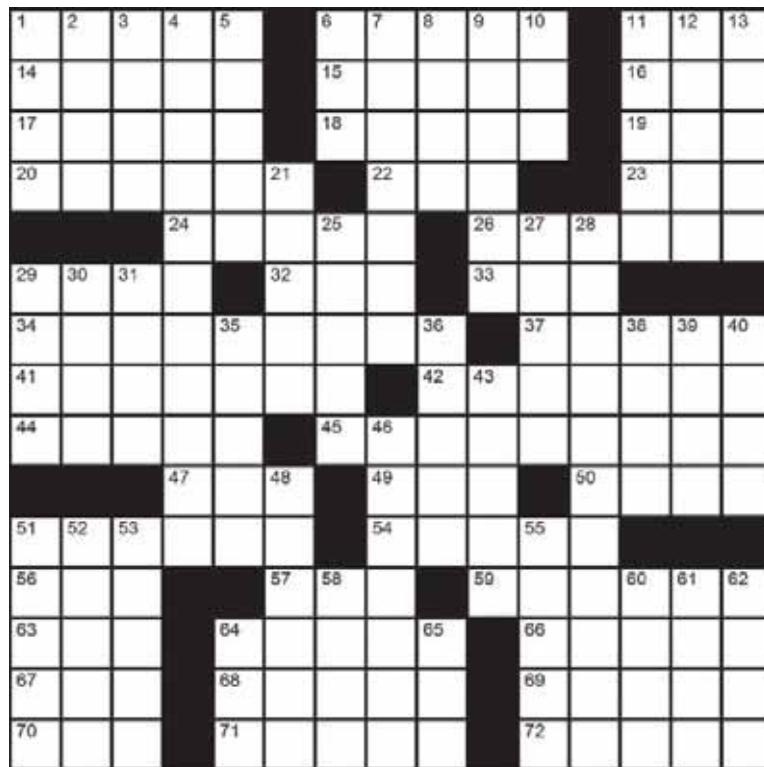
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BY KELLY ANN BUCHANAN

ACROSS

1. "Sunny Came Home": 1997 hit for Colvin
6. Adjust
11. Slugger's prop
14. Electronics brand of Japan
15. Other: French
16. Gladiator's 3
17. Gas and elec., e.g.
18. Li'l agenda
19. Task
20. Comedy muse of ancient Greece
22. Paranormal power, puny-ly
23. Not new, quaint-style
24. Maiden name of Morticia Addams
26. Clear, in the Court
29. Up for it
32. Dunk a bit
33. Not me
34. Goes to the fitness club
37. "For Whom the Bell Tolls" (1943) character
41. Fly south as a bird in Fall
42. "Let's Shake" by Hamilton band Head
44. Gin flavourings
45. Airline ticket booking specification
47. 19 TV ... (Production co. for "American Idol")
49. Mr. Byrnes of "77 Sunset Strip"
50. Vegetables of Japan
51. Plum ... Manitoba
54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish
66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. ... Francisco
71. Near
72. "Melrose Place" actor Rob



- DOWN
1. Deer's tail type
2. Hell ... no fury...
3. Largest continent
4. Alex Trebek por-
54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish
66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. ... Francisco
71. Near
72. "Melrose Place" actor Rob

trayer in 'Celebrity Jeopardy!' sketches on "Saturday Night Live"; 2 wds.

43. Result in, eventually: 2 wds.

46. Bodies of work

48. Run off the track

51. Nat and Natalie

52. Maureen Forrester's music

53. About-face on the road

55. Gargle

58. Taro root

60. University house, e.g.

61. Border

62. Whiskey grains

64. Big ... (McDonald's order)

65. 'Legal' suffix

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8		1	2	6
6		9	8	7
3	5		2	8
9		4		
	2	7	6	9
4	5	3		1

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* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

Don't let your rivals see that you are worried. Today's Sun-Mercury link may give them the upper hand but you are under no obligation to make things easy for them. Act confident.

Taurus April 21 - May 21

You are tempted to retreat from the world but that would be a mistake. Ignoring your problems now is sure to make them worse in the long-term, so get out there and fight.

Gemini May 22 - June 21

If you have complicated plans on the go then it might be wise to postpone them for a day or two. Mercury's link to the Sun today suggests either that something is missing or that you have not thought things through.

Cancer June 22 - July 23

Your feelings for a certain person are likely to come to the fore and that could cause problems. Why? Both of you are already committed elsewhere and that spells trouble!

Leo July 24 - Aug. 23

Be wary of anyone who goes out of their way to do you a good turn today. That might sound cynical but the planets warn it is possible that someone you upset a long time ago is looking to get even.

Virgo Aug. 24 - Sept. 23

You are in an adventurous mood. You certainly have no intention of sitting around in the same old places, doing the same old things. But don't pressure others to move with you.

Libra Sept. 24 - Oct. 23

You can, if you wish, force your views and opinions on other people but it won't do you much good. No matter how persuasive and powerful you are today others will switch back to their old ways and beliefs tomorrow.

Scorpio Oct. 24 - Nov. 22

You may be a bit depressed, but console yourself with the thought that there are billions of people who would happily change places with you. Stop feeling sorry for yourself.

Sagittarius Nov. 23 - Dec. 21

If you take a certain course of action you are likely to regret it in the long-term, so why are you still pushing ahead? No doubt it has something to do with your stubborn nature.

Capricorn Dec. 22 - Jan. 20

Don't try to pretend that things are better than they are. The only way to succeed is to be brutally realistic, both with yourself and others.

Aquarius Jan. 21 - Feb. 19

It does not matter if you are in the right, the fact is you don't have your hands on the levers of power and that means you need to be careful. Don't pick fights with people you know you can't beat.

Pisces Feb. 20 - March 20

A colleague you think you can trust is not being entirely honest with you. Take heed if a friend warns you against this person — it may look like jealousy but the fact is they don't want to see you get hurt.

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